THE CHEF, IRON. THE BURGER, JUICY. BEHOLD THE MIGHTY LOLA {page 32}

RIDING WITH THE DEVIL SHYAMALAN'S LATEST MIND-BENDER {page 21}

'I LOVE MY MUSIC' UNDERWOOD TO KEEP SINGING {page 24}

Do you wish your CPAP machine had an alarm clock built right in?

Sleep Therapy Management

Now it Does!

SEE PAGE 6 FOR DETAILS

OTTAWA metro®

Weekend, September 10-12, 2010
www.metronews.ca

Share this copy with a friend

Gov. Gen. Conference

▶ Gov. Gen. Michaëlle Jean greets Élaine Hémond, co-founder of the Quebec women's advocacy organization Groupe Femmes, Politique et Démocratie at Rideau Hall.

TIM WIECLAWSKI/METRO OTTAWA

Women's security tops agenda

About 150 of the most prominent Canadian women gathered at Rideau Hall on Thursday morning for a two-day conference entitled Together for Women's Security. The issue has been one of the Governor General's top priorities during her five-year appointment. Story, page 4

How to save the environment

And your wallet, too. David Descôteaux has an idea {page 16}

Getting hitched?

Get all you need to know from our wedding section {pages 33-35}

'Customer is always right'

Environmental groups urge Nancy Pelosi to demand better from Canada and Alberta in the oilsands ◆ Speaker of the House doesn't consider Canadian oil 'foreign'

Afghanistan and the oilsands were two topics that came up Thursday when Prime Minister Stephen Harper chatted with one of the most powerful lawmakers in the United States.

Harper and Nancy Pelosi, Speaker of the U.S. House of Representatives, discussed "a number of topics of mutual interest, including joint national security interests in Afghanistan," according to a statement from her office.

Pelosi also "emphasized the importance of intellectual property rights, trade and border security." The two then discussed Pelosi's recent meetings on "various energy security issues," including the Alberta oilsands.

Earlier in the day, environmental groups and First Nations urged Pelosi to use her country's buying power to demand cleaner oil from Canada. They told Pelosi and congressman Ed Markey that the United States can push the federal and Alberta governments to take a tougher stance on the oilsands industry.

"I think they understood very clearly what we were saying, that the customer is always right," said Rick Smith, head of Environmental Defence. "And in this case, the customer can demand better. And so they were very receptive to that message."

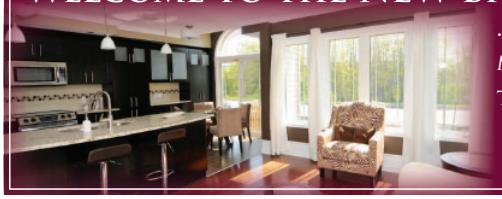
"We share much more than a border, and with respect to our energy future, we are in the same boat."
NANCY PELOSI, SPEAKER OF THE U.S. HOUSE OF REPRESENTATIVES

Pelosi is the third-ranking politician in the U.S., and Markey — chair of an important energy committee — co-authored an environmental bill now working its way through the U.S. Senate. They are in Ottawa meeting key players in the energy and environmental sectors.

The Americans also met executives from the energy industry and Hydro-Quebec president Thierry Vandal. The executives wouldn't comment to reporters outside the U.S. Embassy.

THE CANADIAN PRESS

WELCOME TO THE NEW BRADLEY ESTATES...



... WHERE TWO-STOREY AND BUNGALOW SINGLE FAMILY HOMES MEET SOPHISTICATED EXECUTIVE TOWNHOMES FOR THE FIRST TIME IN BRADLEY ESTATES!

VISIT OUR NEW SALES CENTRE AT 401 KEITH CRESCENT
613-830-6955

Valecraft Homes Ltd.
WWW.VALECRAFT.COM

Prices, terms and specifications are subject to change without notice. E & O.E.

1 news

Workplace charity drive begins

Announcing a fundraising goal of $22 million, federal government employees and retirees launched their 2010 Government of Canada Workplace Charitable Campaign to benefit the United Way in the National Capital Region Thursday.

The campaign is a chance for public servants to come together and work towards one goal, said 2010 national GCWCC chairman Robert Fonberg.

Although giving to the campaign is a personal choice, "our gifts raise (others') chances," said Fonberg, who is the deputy minister of National Defence. "We all have different reasons, different motivations and different rationales. When the campaign kicks off, I hope that all federal employees and retirees will take a moment to think about how fortunate we've been in our lives, about the people who've helped us get to where we are."

Throughout the campaign, federal government departments and agencies will hold fundraising events to work towards this year's goal. "The financial goal is certainly an ambitious one," said Joan Highet, vice-president, campaigns with United Way Ottawa. "But it's more than just money. It reflects the shared commitment."

TRACEY TONG

TRACEY TONG/METRO OTTAWA

▶ Federal government employees and retirees announced a goal of $22 million at the launch of the GCWCC at the Cartier Square Drill Hall.

Memorial winner unique: President

We Were There by Vancouver artist and Toronto architect chosen in firefighter tribute

TRACEY TONG
@METRONEWS.CA

The winning design for a new Canadian Firefighters Memorial to be completed at LeBreton Flats by September 2012 "captures the sacrifices made by fire services in a uniquely Canadian setting," said the president of the Canadian Fallen Firefighters Foundation.

"The names of over 1,000 firefighters on the memorial wall appear to float in the clouds across a map of Canada near the province where they were killed," said Robert Kirkpatrick at the design's unveiling Thursday.

"A statue of one of those from the wall directs visitors to read the names of the fallen. It will be an inspiring and beautiful place … where our annual ceremony will be held and where the families of the fallen can visit year-round."

"It is a dramatic memorial that relates to all kinds of firefighters and directs the visitors to remember the fallen for all time."
CFFF PRESIDENT ROBERT KIRKPATRICK

"I wanted the monument to convey deep emotion and simple dignity," said artist Douglas Coupland. "I want people to eat their lunch there, read, play with their kids — and each time they do so, a small part of themselves will reflect on firefighters and what they do every day."

TRACEY TONG/METRO OTTAWA

▶ "The memorial will serve to remind all Canadians of the ultimate sacrifice our fallen firefighters have made," said Minister of Foreign Affairs Lawrence Cannon, left, who, along with National Capital Commission CEO Marie Lemay, unveiled the winning design for the memorial Thursday. Shown inset is one of the elements in the winning design.

Housing starts up: CMHC

Housing starts in the Ottawa Census Metropolitan Area are up 65 per cent from the same period a year ago, according to data released by the Canada Mortgage and Housing Corporation Thursday.

Last month, housing starts reached 695 units, mostly due to activity in the condominium and apartment segments, the report stated. Single dwellings edged lower, but it was more than offset by activity in the apartment segment.

"High average income levels coupled with low mortgage rates continues to stimulate demand for new homes."
ROCCO CAMINITI, CMHC

"Year-to-date apartment starts have reached one of their highest levels in over a decade, helping to sustain housing starts activity in the region," said Rocco Caminiti, CMHC's market analyst for Ottawa.

New housing starts were in the Old City of Ottawa, Osgoode, Cumberland, Kanata, Nepean and Gloucester. TRACEY TONG

News in brief

Web apps up for city vote

ELECTION. The city has launched two new web applications to allow the public to find their voting location and learn whether they are on the 2010 voters' list for the fall municipal election. Residents can enter their name, date of birth and property address at ottawa.ca/vote to determine whether they are on the list. TRACEY TONG

Tax program eyes seniors

PROPERTY. Seniors and persons with disabilities on low incomes will be able to defer their property taxes, thanks to two improvements to the city's full tax-deferral program. TRACEY TONG

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Ontario court upholds ban on blood donations from gay men. Video at metronews.ca/canada

Follow us on Twitter @metroottawa

SCANLIFE

David Suzuki admits new documentary about him 'embarrassed' his own children.

ROGERS™ authorized dealer

BROCKVILLE
1000 Islands Mall
(613) 345-3161

COOKSTOWN
Cookstown Outlet Mall
(705) 458-2380

CORNWALL
Cornwall Square
(613) 936-2083

GLOUCESTER
Gloucester City Centre
1980 Ogilvie Rd., Unit 136

HUNTSVILLE
4A King William St.
(705) 789-9546

KANATA
Hazeldean Mall
(613) 271-1153
Kanata Centrum Shopping Centre
(613) 599-9690

KINGSTON
Cataraqui Town Centre
(613) 634-9897
Kingston Centre
(613) 546-6043
122 Princess St., Unit 1
(613) 549-0315

LINDSAY
Lindsay Square
(705) 878-0144

NEPEAN
Merivale Market
(613) 224-9222
Chapman Mills Marketplace
(613) 832-9844

ORLEANS
2020 Lanthier Dr., Unit E2
(613) 590-0289

PEMBROKE
Pembroke Mall
(613) 732-1602

TIMMINS
Timmins Square
(705) 267-3400
950 Riverside Dr.
(705) 267-4663

ROGERS plus

BARRHAVEN
3161 Strandherd Dr., Unit 300
(613) 823-4558

GLOUCESTER
1615 Orleans Blvd., Unit 3
(613) 830-6820
2016 Ogilvie Rd., Unit 6
(613) 746-4545
6505 Jeanne D'arc Blvd., Unit 14A
(613) 824-9989

KANATA
300 Earl Grey Dr., Unit 1
(613) 591-8281
700 Eagleson Rd.
(613) 592-5098

NEPEAN
3777 Strandherd Rd., Unit 14
(613) 823-6909
1651 Merivale Rd.
(613) 224-3827
Bayshore Shopping Centre
(613) 726-7665

ORLEANS
1675 10th Line Rd.
(613) 841-8485

OTTAWA
1261 Main St., Unit 12
(613) 836-0976
2515 Bank St., Unit 5
(613) 739-4775
11 Selkirk St.
(613) 745-6800
1867 Carling Ave.
(613) 729-0435
359-363 Bank St.
(613) 594-4555
3320 McCarthy Rd.
(613) 523-2474
1493 Richmond Rd.
(613) 829-2137
1379-A Woodroffe Ave.
(613) 225-6007
2121 Carling Ave., Unit 87
(613) 798-1946
1200 St. Laurent Blvd., Unit 248
(613) 746-8546
50 Rideau St., Unit 327C
(613) 232-4800
110 Place D'Orleans Blvd., Unit 290
(613) 590-2237
2269 Riverside Dr., Unit 44
(613) 737-2071
690 Bank St.
(613) 216-5461

ADD A LINE FOR

$25/month/member
plus Government Regulatory Recovery Fee± with 3-yr. term

- **UNLIMITED** CANADA-WIDE FAMILY CALLING[1]
- **UNLIMITED** EXTREME TEXTING[2]
- **UNLIMITED** PICTURE & VIDEO MESSAGING[2]
- **UNLIMITED** TALK EVENINGS & WEEKENDS[3]
- **UNLIMITED** SOCIAL NETWORKING[4]

$0 SMARTPHONE
WITH EVERY LINE ADDED

EXCLUSIVELY FROM ROGERS™

VISIT **ROGERS.COM/FAMILY** FOR MORE INFORMATION.

ROGERS™ authorized dealer · ROGERS plus · WIRELESSWAVE · booth · WIRELESS etc... · COSTCO WHOLESALE · FUTURE SHOP · BEST BUY

Offer effective August 3, 2010 and is subject to change without notice. Early cancellation fees apply. **±The Government Regulatory Recovery Fee ranges from $2.46 to $3.46/line/month (varies by province and plan selected).** It is applied to help fund fees, costs and other amounts related to federal, provincial and/or municipal mandates, programs and requirements. **It is not a tax or charge the government requires Rogers to collect and is subject to change. See rogers.com/regulatoryfee for details.** A one-time Activation Fee of up to $35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. 1. Between plan members. 2. Compatible device required. Includes unlimited Extreme Text/picture/video messages sent from Canada to Canadian wireless numbers and received texts from anywhere. Sent/received premium texts (alerts, messages related to content and promotions), sent international texts and sent/received Extreme Text/picture/video messages while roaming not included and charged at applicable rates. To learn more about Extreme Text, go to rogers.com/extremetext. 3. Local calls evenings from 9 pm to 7 am Mon.-Fri. and weekends from 9 pm Fri. to 7 am Mon., 400 local daytime minutes included. 4. (Smartphones): Unlimited social networking using basic features of select applications (built-in at time of purchase) and browsing on select social networking sites. Selection varies by device, visit rogers.com/socialnetworking for full details. Not available for BlackBerry devices. Usage subject to Rogers Terms of Service and Acceptable Use Policy, rogers.com/terms. Data transmission charges of $0.006/kB apply when roaming in the U.S. (except Flex Rate plans for which charges of $3/MB will apply); and $0.03/kB when roaming internationally. Visit rogers.com/mobilebrowsing for details.

™Rogers & Mobius Design are trademarks of or used under license from Rogers Communications Inc. or an affiliate. BlackBerry®, RIM®, Research In Motion®, SureType® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. All other brand names and logos are trademarks of their respective owners. © 2010 Rogers Communications.

NEIGHBOURHOOD FESTIVAL

Get a taste of the Glebe

A three-day festival in Central Park will showcase some of the things the Glebe has to offer, organizers said.

Kicking off Friday with a movie night in the park, Glebe's Got Flavour also includes live music, local vendors, and a skateboard and BMX competition. The event evolved from Dancing in the Streets, a one-day event, and offers more music and activities.

The musical lineup includes Ottawa bands The Brothers Chaffey, Love Machine and JD and the Details, as well as London's Mean Tangerine. There will also be a children's area with giant inflatables.

TRACEY TONG

Governor General gabs with the girls

TIM WIECLAWSKI/METRO OTTAWA

▶ "Preventing over half of humanity from accessing fundamental rights and from living in security is one of the greatest scandals of our time," Gov. Gen. Michaëlle Jean said Thursday.

Conference is space for dialogue about ways to ensure women's safety

TIM WIECLAWSKI
@METRONEWS.CA

About 150 of the most prominent women in Canada gathered at Rideau Hall to discuss women's security Thursday.

The two-day Governor General's Women Conference is intended to be an opportunity to celebrate the struggles that women in Canada and around the world have undertaken to have their rights recognized, and a chance to share ideas that will help them build on that success.

Outgoing Gov. Gen. Michaëlle Jean took time to reminisce on the lessons learned from the women she's met during her five years as governor general — women from Victoria, B.C., to Kabul, Afghanistan.

Speakers

Speakers at the conference included:

- Ontario's Fairness Commissioner Jean Augustine.
- Elisapee Sheutiapik, the mayor of Iqaluit, Nunavut.
- Belinda Stronach, former Liberal MP and founder of the Belinda Stronach Foundation.
- Alia Hogben, executive director of the Canadian Council of Muslim Women.

"Throughout the world, women and girls of all ages are living in fear, imprisoned by walls of silence," she said. "Women's security is a fundamental priority, because it is essential for their emancipation and their participation in all key sectors of our societies."

TRACEY TONG/METRO OTTAWA

▶ Eleven candidates are vying for Alex Cullen's vacated seat.

Final, frantic rush for seats

The list of candidates for city council and school board will be finalized by 2 p.m. Friday — the deadline for entering or withdrawing from any of the races.

As of Thursday evening, 17 people had registered to run for mayor. There are a record number of candidates vying for the 23 council seats. Wards where the current councillor has chosen not to run are among the most popular.

Alex Cullen's decision to run for mayor prompted several people to sign up to run in Bay Ward before he chose to seek re-election instead.

Ten people have signed up to replace Rideau-Rockcliffe Coun. Jacques Legendre, and Gord Hunter's decision to vacate his seat in Knoxdale-Merivale led to nine candidates signing up to replace him.

TIM WIECLAWSKI

The Tooth Doctor©
David J. Halpin, D.D.S.

Enjoy a Healthy, Attractive Smile With New Dental Implants!

Dental dysfunction can be much more than a physiological concern, missing teeth can adversely affect nutrition. **Missing teeth can also be an esthetic problem affecting a person's ability to talk and smile without restrictions.**

Are you or someone you know missing one or more teeth? Perhaps you suffer from ill-fitting dentures? Would you like to be able to laugh spontaneously, speak clearly and enjoy the foods you now only dream of, once again?

Here's some good news! Today's dental implants look, feel and function like real teeth. Simply put, dental implants are a solution to tooth loss that offers comfort, confidence & security.

A titanium dental implant is an artificial tooth root placed into the jaw to hold a replacement tooth, bridge, or even a denture securely in place. They feel so much like natural teeth, many patients may actually forget that they're not.

Titanium is one of the few substances that are biocompatible with the human body, moreover because bone tissue grows on, and bonds to the surface of titanium, a dental implant can successfully integrate into the structure of the jaw bone creating a permanent tooth replacement. Titanium dental implants provide the closest possible replacement alternative to natural teeth. Dental implants provide stability enabling you to eat and smile with complete confidence. **Moreover, dental implants help to preserve the bone in the jaw and maintain the shape of your face.**

Remember, your teeth play an important role making life more enjoyable, enhancing your facial expressions and projecting good health. People with loose or missing teeth, or dentures; often hold back their smiles, and have restricted diets since biting into fresh fruits and vegetables is not only difficult, but can also be painful.

Dental implants on the other hand are so secure, that most implant recipients will never give a second thought when biting into a crisp, fresh apple; a cob of corn, or a thick, juicy steak.

The bottom line... Dental implants offer extreme durability, enhanced functionality and excellent esthetics, making life easier in so many ways!

Dental implants, like your natural teeth require prudent care, including proper at-home oral hygiene combined with regular dental check-ups.

Yours for better dental health,

Dr. David J. Halpin
B.Sc., D.D.S.

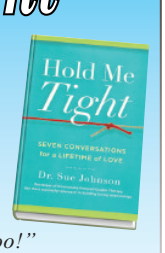
SMILES ON Sparks
AESTHETIC & GENERAL DENTISTRY

CREATING CONFIDENCE... ONE SMILE AT A TIME!
134 SPARKS STREET • OTTAWA, ON • K1P 5B6
TEL: 613.563.2396 • FAX: 613.563.9503
www.smilesonsparks.com

©DDW 1994 - 2010

Lost Emotional Connection With Your Loved One?

THE Hold Me Tight™ PROGRAM



A new relationship education program for couples based on the new science of love, using the seven conversations laid out in the book ***Hold Me Tight*** by Dr. Sue Johnson.

"Incredibly useful and fun too!"

"Amazing...I never knew I could feel this deeply connected!"

For more information or to register, please call 613-722-5122 x223 or visit www.ocfi.ca.

Sept. 23 - Nov. 18 • Thursdays 6:30 - 8:30 pm

$600 / COUPLE + HST • SPACE IS LIMITED!
Hopewell Public School • 17 Hopewell Avenue, Ottawa, Ontario

The Best Investment You Can Make!

The Art of Living Presents
WAVE OF WISDOM TOUR
Health & Happiness Workshop

Swami Pragyapad is a young, dynamic teacher from the Art of Living's Bangalore Ashram in India and one of the most natural people you will have the opportunity to meet. His knowledge, deep wisdom and sense of humour endear him to all. He travels around the world teaching how to overcome stress, depression, and health problems.

Monday Sept. 13th
7:00pm-9:30pm
Cartier Place Suite Hotel, 180 Cooper St.
Tickets: $20 at the door
Call 819-595-9130 or
Purchase online at www.artofliving.ca

DRAMA. SUSPENSE. COMEDY.
Visit metronews.ca to watch metrotube of the day

Massive Inventory Closeout!

15% OFF + OUR TICKET PRICE ON **FURNITURE & MATTRESSES AND BEDROOM & DINING ROOM PACKAGES**
Excludes discounted, clearance, promoted offers & advertised specials.

SAVE UP TO **70% OFF** + OUR TICKET PRICE ON **CLEARANCE SOFAS, BEDROOMS & DINING ROOMS**

PLUS DO NOT PAY FOR 15 MONTHS*

Hot Prices on Sofas

Jack Sofa JACKR-S
Only $299.97
Also available in stone and sage. Loveseat $289.97 Chair $269.97

Microsuede Sofa 2570-S
Only $399.97
Also available in stone. Loveseat $389.97 Chair $349.97

Shuffle Two-Tone Sofa SHUFFLE-S
Only $449.97
Also available in chocolate. Loveseat $429.97 Chair $349.97

Sizzling Hot Sectionals!

Bella Contemporary Sectional BELLA-SEC
Only $899.97
Plus Do Not Pay For 15 Months

Springwall®

Limited Edition Eurotop Queen Sleep Set LTDEDTQPK
Only $599.97
Plus Do Not Pay For 15 Months*

5-Pc. Mission Hills Dining Room
Includes table & 4 side chairs. 1742PK5
Buffet & Hutch $999.95 1742BHPK
2 Arm Chair Package $299.95 1742ACPK
Only $699.95
Plus Do Not Pay For 15 Months

4-Pc. Carlsbad Queen Bedroom
Includes the headboard, dresser, mirror & nightstand. 50400PK4
Nightstand $199.97
Chest $349.97
Only $549.97

Dinette Chair BMF-312D
Only $8.00

4-Pc. Wall Unit 2706PK4
Accommodates up to a 60" TV.
Only $599.95

TV Console I3588
Only $299.95

9-Pc. Baja Patio Set BAJAPK9
Includes the table, umbrella, umbrella base and 6 chairs.
Only $199.95

UNITED FURNITURE WAREHOUSE®
www.ufw.com

Ottawa Mon.-Fri.9-9 Sat. 9-6 Sun.11-6

1901 Cyrville R.
613-746-5500

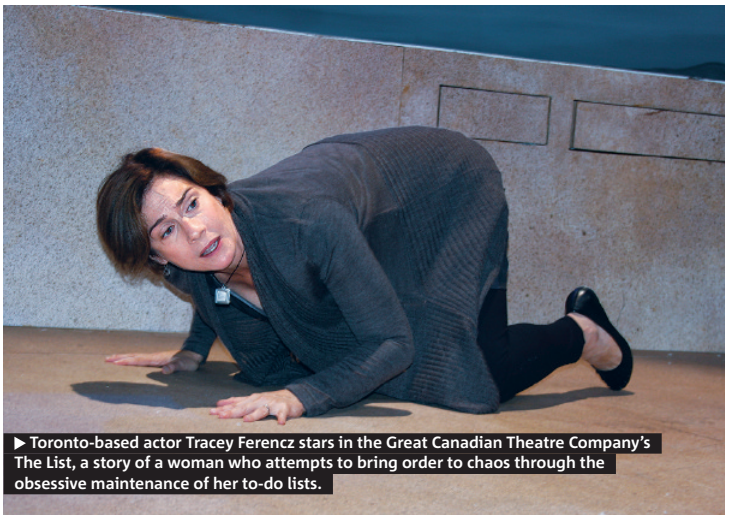
350 West Hunt Club R.
613-224-4544

* O.A.C. All credit offers available upon approval of credit only on your United Furniture Card , minimum purchase of $250. Any delivery charges, GST (5%), PST or HST taxes (if applicable), and administration fee ($99.95) are required to be paid at time of purchase. Balance due December 2011. Interest may accrue for the final 25 days prior to the promotion's payment due date at an annual rate of 29.9%, but will be waived if the payment of the balance is made in full by the due date. See in store or refer to your United Furniture Card Account Holder Agreement for full details. ‡Product may vary by location and may not be exactly as illustrated. We reserve the right to limit quantities by store and per purchase. +This offer cannot be combined with any other discount or bonus gift purchase, sale, or other promotion, unless otherwise specified. ΔExcludes discounted, clearance, promoted offers and advertised specials. See in store for complete details. Valid September 10 -19, 2010, unless otherwise indicated.

September marks the start of a new theatre season Shows from the Great Canadian Theatre Company, Third Wall Theatre just some of the offerings out there Ottawa's theatre scene attracts audiences from as far as Montreal and Toronto, says artistic director

TEXT **TRACEY TONG** PHOTOS **TIM WIECLAWSKI AND TRACEY TONG**

▶ John Koensgen and Kristina Watt rehearse a scene from Third Wall Theatre's Blackbird at the Irving Greenberg Theatre Centre Thursday. The play by David Harrower, about two people who try to resolve their relationship 15 years after its demise, opens next Wednesday.



▶ Toronto-based actor Tracey Ferencz stars in the Great Canadian Theatre Company's The List, a story of a woman who attempts to bring order to chaos through the obsessive maintenance of her to-do lists.

Stage is set for new theatre season in city

Ottawa has a thriving theatre scene, said the artistic director of Third Wall Theatre Company.

"There definitely is a lot more theatre than there was 10 years ago," said James Richardson. "When I started Third Wall 10 years ago, there was very little outside of the Great Canadian Theatre Company, Odyssey Theatre and the National Arts Centre. We've really seen a growth.

"I think the appetite has grown as the quality of theatre has gotten better. People see that it can be engaging and exciting, and this is something that's good to go to."

Need some help navigating the choices out there? Read up on all of the shows and go for the one that excites you the most, Richardson advised.

"Go for the one that is not the safe bet," he said.

"When something isn't a safe bet, it's usually going to be the most exciting."

▶ Tracey Ferencz has been nominated for several awards.

Featured plays

The Great Canadian Theatre Company, Third Wall Theatre and the Gladstone Theatre are just some of the companies showing off their latest offerings this week.

- Written by Jennifer Tremblay and translated by Shelley Tepperman, the GCTC presents The List, which opens Sept. 16 and runs through Oct. 3. This production is the world premiere of the English translation, which was commissioned by the GCTC.
- A Flea In Her Ear, written by George Feydeau, runs at the Gladstone Theatre from Sept. 16 to Oct. 23. Directed by John P. Kelly, the comedic sex farce features local talents Nathan Ings, Tim Oberholzer, Tom Charlebois, Robin Guy and more.

Success Language School
"Bilingue en peu de temps"
HULL • OTTAWA • ORLEANS
LEARN FRENCH TO GET THOSE GOVERNMENT JOBS
St. Laurent Mall (Herzing College) – Six week mini immersion
Next session September 14th, 2010 • Tuesdays – Thursdays
(Intermediate) Level B • 5-8pm
SMALL GROUPS • PRIVATE LESSONS • SEMI PRIVATE LESSONS
"A public service commission diagnostic test recommended that I would need 840 hours of training to obtain my required profile. My total training hours were 174 and a final profile of CBB. I highly recommend Success Language School and the methodology used for those wishing to attain their linguistic requirements in a timely, effective manner." Drew – Federal Government Employee
www.successlanguageschool.ecolesucces.com • 613.795.5773

EXCLUSIVELY IN OTTAWA AT SLEEP THERAPY MANAGEMENT
Finally, a CPAP machine that comes with a full digital clock and alarm capabilities.
Free up space on your night-stand.
Call for an appointment to come in and see this stylish and compact new machine.
The new Fisher and Paykel ICON
We are Ottawa's premier sleep solutions specialist, with the largest selection of CPAP equipment.
We provide solutions for many sleep disorders.
Sleep Therapy Management
Ottawa's largest selection of CPAP machines
CENTRAL 1935 Bank Street, Suite 6 • 613-526-9841
KANATA 308 Palladium Drive, Suite 105 • 613-599-5800
www.sleeptherapymanagement.ca

RBC Royal Bank®

AWARD-WINNING BANKING FOR ALL CANADIANS.

More than 10 million Canadians choose award-winning banking from RBC Royal Bank®.

Award winner in:

- **Branch Service[1]**
- **24/7 Telephone Banking[1]**
- **Financial Advice[1]**
- **24/7 Online Banking[2]**

How can we help you today?
rbc.com/advice

Advice you can bank on™

[1] Shared recipient of the Synovate Best Banking Award 2010 in the noted categories among the Big 5 Banks. Synovate 2010 Best Banking Awards are based on quarterly Customer Service Index (CSI) survey results. Sample size for the total 2010 CSI program year ended August 2010 was 38,978 households. [2] Forrester Research "2009 Canadian Bank Secure Web Site Rankings" (August 2009). ® Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ™Trademarks of Royal Bank of Canada.

Breaking through cynicism

Candidate hopes to do just that

A political campaign is a bit like sending a rocket into outer space, says mayoral candidate Charlie Taylor.

Over the past seven months, he's been building his platform and fine-tuning his message.

"Now we're actually ready for blast off," he said about his official campaign launch at the Rainbow Club on Thursday evening.

"The deciding factor on whether this takes off or fizzles and pops is whether we get the electorate motivated and behind the campaign."

Taylor said voter apathy is huge issue for challengers. Because there are 17 mayoral candidates, it is difficult to get people to even look at your platform if you're not already well-established, he said.

TIM WIECLAWSKI

TIM WIECLAWSKI/METRO OTTAWA

"(Jim Watson) has taken nine months off work to campaign full-time. He's got huge amounts of money to work with. He's got a huge team of supporters and he still has less than one-third of the support of Ottawa citizens. People are clearly looking for another option."

CHARLIE TAYLOR, LEFT

fido

FIGHT FOR YOUR RIGHT TO SAVE

From $15 per month

TALK & TEXT
› Unlimited incoming text
› Per-second billing
› No system access fees
› *Fido Rewards*™
› No activation fee. Save $35!*

KEYBOARD PHONES
$0
With 2-year Fido Agreement

LG Gossip
Samsung Gravity
LG Neon

Start saving now! On fido.ca, in store or 1-866-301-3436

Offers subject to change without notice. Phones prices shown valid with new activation on a Fido Agreement, early cancellation fees apply. Additional airtime, long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra and billed monthly. Plans include a number of texts sent from Canada. There is a charge for premium text messages. *Offer available until November 1, 2010; subject to change without notice. Valid on new activations with a 2- or 3-year Fido Agreement. A credit for the entire amount of the $35 Activation Fee will appear on your first invoice. ™Trademarks of Fido Solutions. All other brand names and logos are trademarks of their respective owners. © 2010 Fido Solutions.

FIDO STORES
St. Laurent Shopping Centre, Ottawa
Billings Bridge Mall, Ottawa
Carlingwood Mall, Ottawa
Promenades de l'Outaouais, Gatineau
Bayshore Shopping Centre, Nepean

EXCLUSIVE DEALERS
MOBILE IT
70B George Street, Ottawa
Merivale Mall, Ottawa
Elmvale Mall, Ottawa
MOBIFONE
Les Galeries de Hull, Gatineau
WIRELESS-2-GO
Place D'Orléans, Orléans

FUTURE SHOP
booth the telephone booth
BEST BUY
WIRELESS etc...
COSTCO WHOLESALE
WIRELESSWAVE
Walmart

Drywall. Competition

▶ Neil Arsenault, an apprentice with the Regional Council of Carpenters, Millwrights and Allied Workers Local 1338 in Charlottetown, P.E.I., works on a structure for the drywall competition.

TIM WIECLAWSKI/METRO OTTAWA

Contest builds excitement

This weekend, 23 of Canada's top apprentice trades and craftsmen will be pulling out all the stops, screws and nails in the National Carpentry and Drywall Competition at Confederation Park. Contestants are given plans for a small room or gazebo and have two days to complete the structure. They will be judged on speed and quality. The gazebos will be donated to charities.

Ski or board? Patrol wants you

The Gatineau Zone Ski Patrol, which promotes safety and assists the injured on the slopes, is looking for a few good volunteers.

Ski patrol spokesperson Danielle Morneault is hoping to recruit 100 candidates 18 years and older.

Anyone with intermediate skiing or snowboarding ability can qualify.

Each then undergoes training to become an advanced medical responder.

"If you're coming here for school or recently transferred here for a job, it's a great way to meet people and learn new skills," Morneault said.

A group of patrollers training in Britannia Park recently came to the rescue of a man who had collapsed while playing volleyball.

Their trainer performed CPR until paramedics arrived.

STEVE COLLINS

"We don't do this for fun. What we do is important. It adds a vital skill to society and it could just end up saving your life."

DANIELLE MORNEAULT

MARRIAGE SURVEY

Grads do like grads as mates

The proportion of university-educated men marrying women with degrees has surged over a 25-year period, a new report says.

But it's a different story for female grads.

Statistics Canada found that in 2006, 67 per cent of married men with a university degree had a spouse with the same level of education, up from 38 per cent in 1981.

While the majority of women with a university education were married to men who also had degrees, the pattern has decreased slightly over the last quarter-century from 67 per cent in 1981 to 64 per cent in 2006.

THE CANADIAN PRESS

Will he burn? Pastor flip-flops on Qur'an

KHALID TANVEER/THE ASSOCIATED PRESS

▶ Protesters in Pakistan on Thursday denounced an American pastor's plans to burn the Qur'an.

But imam denies his claim of a deal over Manhattan mosque

An anti-Islamic preacher backed off burning the Qur'an — but then threatened to reconsider.

The Rev. Terry Jones angrily accused a Muslim leader of lying to him Thursday with a promise to move an Islamic centre and mosque away from New York's Ground Zero.

The imam planning the centre denied there was ever such a deal.

Jones generated an international firestorm with his plan to burn the Qur'an on Saturday, the ninth anniversary of the Sept. 11 terrorist attacks.

Standing outside his Pentecostal church in Gainesville, Fla., alongside Imam Muhammad Musri, president of the Islamic Society of Central Florida, Jones said he relented when Musri assured him the New York mosque will be moved.

Later, after Musri and the leader of the New York mosque denied an agreement, Jones said Musri "clearly, clearly lied to us."

Jones said: "So as of right now, we are not cancelling the event, but we are suspending it."

THE ASSOCIATED PRESS

Confusion

Rev. Terry Jones and Imam Muhammad Musri appear to disagree.

▶ Musri said there's no deal to move the mosque in Manhattan. He said there's only an agreement for him and Jones to travel to New York to meet with the imam overseeing the plans.

Gay man loses in blood case

Canadian Blood Services is legally allowed to ban men who have sex with men from donating blood, an Ontario court has ruled.

In dismissing a constitutional challenge, an Ontario Superior Court judge ruled Canadian Blood Services is not a government entity, so the Charter of Rights does not apply to its policies.

Canadian Blood Services had sued Kyle Freeman, a gay man who lied when giving blood, and the court has now found him liable for $10,000 for negligent misrepresentation.

He launched a counterclaim under the charter.

THE CANADIAN PRESS

1977 In Canada, a man who has had sex with another man since 1977 is ineligible to donate blood.

Rampage's victims

A study suggests nearly a third of students at Montreal's Dawson College suffered psychological damage after a gunman's rampage in 2006.

One student was killed before the man turned the gun on himself.

THE CANADIAN PRESS

Police fire blamed

Some victims in a botched hostage rescue of a tourist bus in the Philippines may have been hit by police fire, an official says.

Eight tourists from Hong Kong were killed and three seriously wounded on Aug. 23.

THE ASSOCIATED PRESS

Economic survey hits (and hails) Canada

Canada has dropped one place to 10th in an annual listing of competitive economies compiled by the Geneva-based World Economic Forum.

Switzerland keeps the top spot for the second year in a ranking that blends economic data with a survey of more than 13,500 business executives.

The survey dropped the U.S two spots to fourth due to huge deficits and pessimism about government.

The think-tank said Canada benefits from its highly efficient markets, its well-functioning and transparent institutions, and excellent infrastructure.

In addition, said the report, Canada has been successful in "nurturing its human resources," ranking sixth for health and primary education and eighth for higher education and training.

THE CANADIAN PRESS

139 The report ranks 139 countries on business efficiency, innovation and other factors.

INCOME TAX COURSE

CURRICULUM – During the 11-week course, students study the basics of income tax preparation including current laws, theory and application.

SUCCESSFUL STUDENTS RECEIVE an H&R Block certificate of accomplishment and the opportunity to interview for employment with H&R Block.

H&R BLOCK KNOWS TAXES and how to teach them. Our instructors are expertly trained and are experienced Block personnel who make each session an exciting experience with discussion sessions, reference materials and instructions using regulation forms and schedules.

CLASSES BEGIN SEPT. 15. Choose between morning, afternoon and evening sessions. Applicants need only the willingness to learn about taxes.

THE TUITION COST covers the complete course, including textbooks, all materials, reference guides and registration.

FULL DETAILS ARE AS CLOSE AS YOUR PHONE. Just call for complete details on class locations, starting dates, tuition, etc.

REGISTER TODAY!

Register online at hrblock.ca or call 1-877-32BLOCK (322-5625) for details.

H&R BLOCK®

Enrolment restrictions may apply. Enrolment in, or completion of, the H&R Block Tax Training School is neither an offer nor guarantee of employment. © 2010 H&R Block Canada, Inc.

Ottawa's First Integrated Hair School Academy

The Loft Academy

Now Accepting Applications

UNLOCK YOUR FULL POTENTIAL
CULTIVATE YOUR ARTISTIC MIND

We offer the best educators and program curriculum in the beauty school business with an emphasis on individual attention.

We are associated with Project Runway Canada, L'Oreal Professional Paris and Ottawa Fashion Week to name a few.

Call today for your enrollment kit

613.232.0202

We are a limited seat school, registered as a Private Career College under the Private Career College Act 2005.

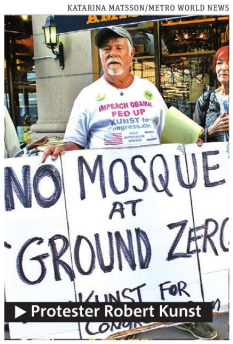
Mosque dispute casts shadow on 9-11 anniversary

Muslim-American community centre still far from reality But it's become an incendiary political topic

Saturday marks the ninth anniversary of the 9-11 terror attacks on the United States. But this year the focus lies two blocks north of Ground Zero outside the planned Muslim-American community centre where a big protest is scheduled. Rally leader Pamela Geller expects "many thousands."

The blogs overflow with anger, the attacks from politicians like Sarah Palin and Newt Gingrich become increasingly bitter, and U.S. President Barack Obama's endorsement seems ever more half-hearted. The target? Mayor Michael Bloomberg's support for the so-called Park51 — the master

KATARINA MATSSON/METRO WORLD NEWS



▶ Protester Robert Kunst

building for the controversial Ground Zero mosque.

And the rally planned for Saturday's anniversary of 9-11 is threatening to explode in violence.

Conservative blogger and anti-Islam activist Geller, one of the centre's loudest opponents and co-founder of Stop Islamization of America, told Metro she expects many thousands to participate Saturday. The rally will begin at Park51 after the conclusion of the official memorial service.

Gina Shadid, a 27-year-old graduate student at Columbia University and a supporter of Park51, says there will be counter protests. "I think it's really disrespectful. We didn't want to plan something, but we need to counteract all that negative energy."

● KATARINA MATSSON

Muslim firefighter recalls 9-11

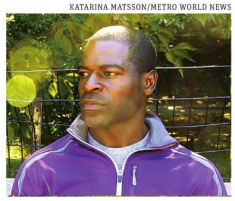
For firefighter Hisham Tawfiq, Sept. 11, 2001, will always be a moment frozen in time.

Tawfiq arrived after the two jets had smashed into the upper storeys of the World Trade Center in lower Manhattan, killing close to 3,000 people. He watched nearby Building 7 collapse under debris falling from the WTC.

Tawfiq is a passionate Muslim, whose father was an imam.

● KATARINA MATSSON

KATARINA MATSSON/METRO WORLD NEWS



"It's one of those defining moments in history. There's an undercurrent of change."
FIREFIGHTER HISHAM TAWFIQ

▶ "It's important because people's feelings about Muslims are coming out," says Gina Shadid, a Park51 supporter.

BACKERS OF PARK51 REGRET FIRESTORM

The backers of a proposed Islamic centre near Ground Zero are expressing regrets about creating a firestorm with a plan they thought would be simple and non-controversial.

Hisham Elzanaty, an Egyptian-born businessman who says he provided a majority of the financing to gain control over the two buildings where the centre would be built, told The Associated Press he has always viewed the project primarily as an investment opportunity, and would sell some of the site if the price is right.

And the imam slated to lead the spiritual component of the centre told CNN that if he had realized how some Americans would react to the location, he would have picked some other spot.

"If I knew this would happen, if it would cause this kind of pain, I wouldn't have done it," Feisal Abdul Rauf said.
THE ASSOCIATED PRESS

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

03-18-10

Le domaine de la construction vous intéresse ?

Le programme Accès aux métiers de la construction pour les immigrants est pour vous ! (PAMCI)

Plomberie | maçonnerie | électricité et chauffage | ventilation et climatisation | charpenterie et menuiserie | revêtement de sol | finition de toiture | quincaillerie | vocabulaire canadien de la construction

La Cité collégiale offre aux immigrants un programme adapté, visant à aider les personnes formées à l'étranger dans des métiers de la construction en leur offrant des cours pratiques et théoriques liés à certains métiers spécialisés.

Hâtez-vous ! Les cours débutent le 20 septembre 2010.

613 742-2475
801, promenade de l'Aviation
Ottawa (Ontario) K1K 4R3

Financé par: Ontario
Le gouvernement de l'Ontario reçoit un appui du gouvernement du Canada pour certains programmes de formation.

la cité collégiale
Le Collège des meilleures pratiques

LCA-10-020b

CANADA WIDE CLEARANCE

0% PURCHASE FINANCING UP TO 72 MONTHS ON SELECTED VEHICLES‡

UP TO $8,000 IN CASH CREDITS*

2010 CHEVROLET AVEO[5] LS

CLEARANCE PRICING
$10,995*
HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†
HWY: 5.7 L/100 km – 50 mpg
CITY: 7.5 L/100 km – 38 mpg

INCLUDES FREIGHT, PDI, FEES & $4,500 CASH CREDIT♦

$700 GM CARD MAX. REDEMPTION ALLOWANCE†

LS SPORT WITH ONSTAR MODEL SHOWN††

$9,051 FREIGHT & PDI
$1,450 FEES
$44
$10,995

2010 CHEVROLET COBALT LT

CLEARANCE PRICING
$14,385*
HWY: 6.9 L/100 km – 40 mpg
CITY: 8.7 L/100 km – 32 mpg

INCLUDES FREIGHT, PDI, FEES & $7,000 CASH CREDIT♦

Well equipped with Air & Automatic • Power Windows, Locks & Mirrors • Remote Keyless Entry System • 16-in. Aluminum Wheels • 4-Wheel ABS and more.

$1,500 GM CARD MAX. REDEMPTION ALLOWANCE†

LT MODEL WITH TEAM CANADA EDITION PACKAGE SHOWN††

OUR LOWEST PRICE YET

2010 CHEVROLET MALIBU LS

CLEARANCE PRICING
$23,995*
HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†
HWY: 6.5 L/100 km – 43 mpg
CITY: 9.5 L/100 km – 30 mpg

INCLUDES FREIGHT, PDI, FEES & $1,000 CASH CREDIT♦

$1,500 GM CARD MAX. REDEMPTION ALLOWANCE†

LT PLATINUM EDITION MODEL SHOWN††

CONSUMERS BEST BUY DIGEST

0% PURCHASE FINANCING UP TO 72 MONTHS‡

2010 CHEVROLET EQUINOX LS

CLEARANCE PRICING
$27,385*
HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†
HWY: 8.1 L/100 km – 48 mpg
CITY: 9.2 L/100 km – 31 mpg

INCLUDES FREIGHT, PDI & FEES

$1,500 GM CARD MAX. REDEMPTION ALLOWANCE†

LTZ MODEL SHOWN††

CONSUMERS BEST BUY DIGEST

0% PURCHASE FINANCING FOR 36 MONTHS‡

2010 CHEVROLET SILVERADO EXT. CAB 4WD CHEVENNE EDITION

CLEARANCE PRICING
$28,995*
HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†
HWY: 11.4 L/100 km – 25 mpg
CITY: 15.9 L/100 km – 18 mpg

INCLUDES FREIGHT, PDI, FEES & $8,000 CASH CREDIT♦

$2,000 GM CARD MAX. REDEMPTION ALLOWANCE†

CONSUMERS BEST BUY DIGEST

UP TO $1,500 IN CHROME ACCESSORIES ON US** CHROME EQUIPPED VEHICLES IN STOCK NOW WHEN THEY'RE GONE THEY'RE GONE

2010 CHEVROLET TRAVERSE LS

CLEARANCE PRICING
$31,495*
HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING†
HWY: 8.4 L/100 km – 34 mpg
CITY: 12.7 L/100 km – 22 mpg

INCLUDES FREIGHT, PDI, FEES & $4,200 CASH CREDIT♦

$2,000 GM CARD MAX. REDEMPTION ALLOWANCE†

CONSUMERS BEST BUY DIGEST

0% PURCHASE FINANCING FOR 36 MONTHS‡

ASK ABOUT

RECYCLE YOUR 1995 OR OLDER VEHICLE AND RECEIVE UP TO $3300** IN ADDITIONAL CASH INCENTIVES.

CA$H FOR CLUNKERS
IN COLLABORATION WITH RETIRE YOUR RIDE, FUNDED BY THE GOVERNMENT OF CANADA.

Retire Your Ride
Canada's Vehicle Recycling Program

Summerhill IMPACT

CHEVROLET

visit: ontariochevroletdealers.com

GM Canada

THE BEST COVERAGE IN CANADA
5 YEARS / 160,000KM*
• POWERTRAIN COMPONENT LIMITED WARRANTY
• ROADSIDE ASSISTANCE
• COURTESY TRANSPORTATION
*ON NEW CHEVROLET, BUICK, CADILLAC, GMC AND HUMMER LIGHT DUTY TRUCKS, SEE DEALER FOR LIMITED WARRANTY DETAILS.

Redeem your GM Card earnings today.†

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES.
Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $599 for Dealer fees.***

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ♦$8,000/$4,500/$7,000/$1,000/$4,200 is a manufacturer to dealer delivery credit (tax exclusive) for 2010 Chevrolet (Silverado 1500/Aveo/Cobalt LT/Malibu LS/Traverse) reflected in offers in this advertisement. Other cash credits available on most models. ‡0% purchase financing offered by GMCL up to 72 months on 2010 Chevrolet Malibu LS R7C/Impala LS RFC; and up to 36 months on 2010 Chevrolet Equinox LS FWD R7A/Traverse LS FWD R7A). OAC by Ally Credit. Rates from other lenders will vary. Example: $10,000 at 0% APR, monthly payment is $138.88/$277.78 for 72/36 months. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. *Offer applies to the purchase of 2010 Chevrolet Aveo 5-door LS R7C/Cobalt LT Coupe or Sedan R7C/Malibu LS R7C/Impala LS R7C/Equinox LS FWD R7A/Silverado 1500 Ext. Cab 4WD R7H/Traverse LS FWD R7A). ♦♦2-for-1 Freight & PDI ($1,450/$1,450/$1,350/$1,350/$1,350/$1,350), registration, air and tire levies and OMVIC fees are included. Insurance, licence, PPSA, dealer fees and applicable taxes are not included. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Limited time offer which may end without notice. See dealer for details. ††Chevrolet Aveo 5-door LS Sport with 1LF, MSRP with freight, PDI & fees $16,659. Chevrolet Cobalt LT Team Canada Edition, MSRP with freight, PDI & fees $21,119. Chevrolet Malibu LT Platinum Edition, MSRP with freight, PDI & fees $29,254. Chevrolet Equinox LTZ, MSRP with freight, PDI & fees $34,954. Dealers are free to set individual prices. †Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions that apply to The GM Card Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Program. ††Registered trade-mark of General Motors Corporation/Used under licence. TD logo is a trade-mark of The Toronto-Dominion Bank. ♦♦Offer applies to new or demonstrator 2010 MY Silverado/Sierra Light Duty Extended and Crew Cab GMT Models (1SC, 1SD) (excludes Hybrids) delivered after May 1, 2010, while supplies last at participating dealers in Canada. Dealer order or trade may be required. Eligible customers receive either: (a) a pre-installed Chrome Accessories Package (grille, 6" tubular assist steps, door handles and mirror caps) valued up to $1,500 (tax inclusive); or (b) a Custom Accessory Credit of up to $1500 (tax inclusive) to be used towards the purchase of genuine GM Accessories. Credit must be used within 6 months of vehicle delivery. Dealer may not sell, exchange or transfer vehicle for cash. Offer applies to retail customers in the Province of Ontario only. Offer may be combined with other current GM consumer cash offers. Not available on fleet, base or WT models. Offer may end without notice. See dealer for details. **Offer applies to the purchase/finance/lease of a new eligible 2010 or 2011 MY GM vehicle, excluding all Pontiac, Saturn, Saab and Hummer vehicles, Chevrolet Aveo, Corvette Z01 and Medium Duty trucks, 2010 MY Chevrolet Cobalt and 2011 MY Buick Regal, Chevrolet Cruz and Cadillac CTS Coupe in an amount ranging from $750 to $3,000, depending on the model purchased. Incentive applied after taxes. GM Canada's Cash For Clunkers incentive is only available to customers who take delivery between July 1, 2010 and September 30, 2010, and may not be combined with certain other incentives available on GM vehicles. By participating in this program you will not be eligible for any trade-in value for your vehicle. See your participating GM dealer for additional program conditions and details. If you successfully complete the Retire Your Ride program, you will be eligible for a $300 cash incentive from the Canadian Government. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca.**

COLORADO WILDFIRE

Fire's damage toll climbs

Authorities say a wildfire burning near Boulder, Colo., has destroyed at least 169 houses.

Sheriff's Cmdr. Rick Brough said Thursday the latest damage toll is based on a survey of 80 per cent of the nearly 25 square kilometres that were burned.

Firefighters say they have contained 30 per cent of the fire line but they warn that flying sparks kicked up by forecast high winds could change that.

Hundreds of evacuated residents are being allowed back to their homes to pick up pets and items left behind, but authorities say they need to leave immediately because of the forecast.

Nine people had been reported missing but Brough says all of them have now been accounted for. THE ASSOCIATED PRESS

Running of the bulls turns fatal

Officials say a 48-year-old woman has died at a running-of-the-bulls event in central Spain. A statement issued by local authorities in the town of Arganda del Rey says Maria del Carmen Lopez del Burgo died after she was struck in the head by a passing bull on Thursday.

THE ASSOCIATED PRESS

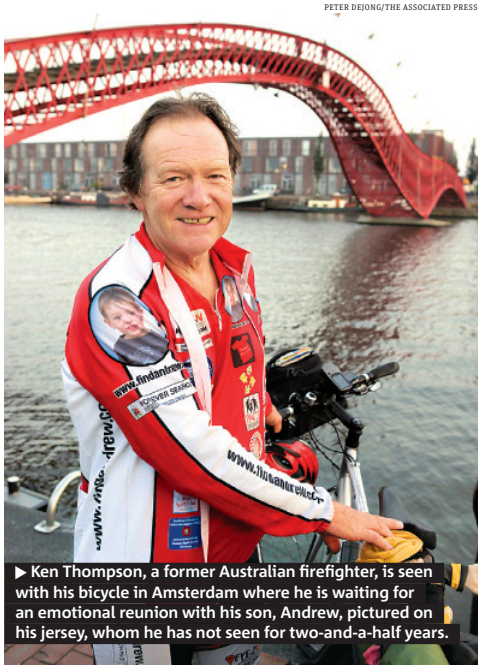
Did fear of curse kill tax law?

Romanian senators have rejected a proposed law whereby witches and fortune tellers would have to produce receipts, and would also be held liable for wrong predictions. One of the proposal's authors claimed lawmakers were frightened of being cursed.

THE ASSOCIATED PRESS

Dad's long-awaited reunion still on hold

PETER DEJONG/THE ASSOCIATED PRESS



▶ Ken Thompson, a former Australian firefighter, is seen with his bicycle in Amsterdam where he is waiting for an emotional reunion with his son, Andrew, pictured on his jersey, whom he has not seen for two-and-a-half years.

Email tip that led to son's recovery arrived on Australian Father's Day

A former Australian firefighter who toured Europe on a bicycle to highlight the hunt for his missing son said Thursday he will have to wait a little longer for an emotional reunion after the six-year-old was taken into care and the mother who allegedly abducted him was arrested.

"We need to work out some plan for me to be reintroduced to Andrew that will not cause him too much distress," Ken Thompson said of his son.

He said it could be "a couple of days" before he sees his son again.

Thompson said earlier that he was still processing the joy of hearing Andrew had been tracked down and taken into foster care in Amsterdam. Police in the city arrested his wife Melinda on Monday.

"If we don't manage this carefully, it could cause more harm than good. Andrew has not seen me for two-and-a-half years." KEN THOMPSON

A spokeswoman for prosecutors said an Australian woman was arrested on an international warrant and jailed while authorities await an extradition request. She declined to give further details or release the woman's identity because of Dutch privacy rules, but did say that "there is a minor involved ... a six-year-old son."

Police declined to comment on the case.

THE ASSOCIATED PRESS

$150 to bring your number over.
Don't make you ask us twice.

$150 credit
Bring your number to WIND by Sept. 15, 2010 and get a $150 credit. The credit is applied to your account in 6 monthly installments starting Sept. 23, 2010.

$20 mail-in rebate
Right now, get a $20 rebate on ANY WIND phone plus an extra $20 rebate on a Huawei U7519.

WIND™ The Power of Conversation™
3G+
WINDmobile.ca
1-877-WIND-403

Ottawa WIND Stores Bayshore Mall Carlingwood Shopping Centre St. Laurent Shopping Centre Place d'Orléans
BLOCKBUSTER® kiosks 415 Hazeldean Rd. 183 Rideau St. 1309 Carling Ave. 282 Bank St.

TERMS AND CONDITIONS APPLY TO ALL CREDITS, OFFERS, AND REBATES. LEARN MORE AT WINDMOBILE.CA.
WIND PHONE REBATE AVAILABLE UNTIL SEPT. 15, 2010. HUAWEI U7519 REBATE AVAILABLE WHILE QUANTITIES LAST. WIND and WIND MOBILE are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. THE POWER OF CONVERSATION is a trademark of Globalive Wireless Management Corporation. ©2010 WIND Mobile. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. All trademarks are property of their respective owners. All trademarks are property of their respective owners. BLOCKBUSTER name, design and related marks are trademarks of Blockbuster Inc. © 2010 Blockbuster Inc. All rights reserved.

Suicide gang attacks an airport

A suicide car bomber exploded at the gate to the airport in Mogadishu, Somalia, on Thursday.

Suicide bombers in a second vehicle rushed toward the terminal before exploding themselves short of their goal, officials said.

Two attackers were wearing Somali military uniforms. Up to 14 people were killed, including five attackers.

The assault was the latest in a surge of attacks by Islamist insurgents, who last month declared a stepped-up effort to oust the weak government.

THE ASSOCIATED PRESS

40

The attack took place about 40 minutes after Somalia's president flew out of the country.

Bangladesh. Eid al-Fitr

▶ An overloaded passenger train passes through a railway station on the outskirts of Dhaka.

PAVEL RAHMAN/THE ASSOCIATED PRESS

All aboard!

Thousands of Bangladeshi Muslims are heading home to celebrate Eid al-Fitr, a Muslim feast marking the end of the holy fasting month of Ramadan.

Iran will free American to mark Ramadan

- **Three hikers detained for more than a year**
- **Which one will taste freedom? Tehran won't say**

Iran said it will free on Saturday one of three Americans jailed for more than a year.

It said it is a gesture of clemency to mark the end of the Islamic holy month of Ramadan.

It did not say which one would be released. But Sarah Shourd, 31, has told her mother she has serious medical problems.

Nora Shourd said she and her daughter talked about the medical problems, including a breast lump and precancerous cervical cells, and her solitary confinement in Tehran's Evin prison.

Iran has accused the trio of espionage.

"We don't know anything ... we're trying like crazy to see what we can find out."
NORA SHOURD, MOTHER OF SARAH SHOURD

Their families say the three were hiking in Iraq's largely peaceful mountainous northern Kurdish region and that if they crossed the border, it was accidental.

In Washington, the State Department said it was aware of reports that one of the three would be freed but could not confirm them.

The United States has no diplomatic presence in Iran and one department official said there had not yet been any word about a possible release from the Swiss embassy in Tehran.

The Embassy represents U.S. interests in the country.

The official, who spoke on condition of anonymity because he was not authorized to speak to the media, said the U.S. "would obviously welcome the release of one of the hikers."

But he stressed that Washington has long been calling for the release of all three on humanitarian grounds.

THE ASSOCIATED PRESS

THE VIDEO EVERYONE'S TALKING ABOUT
Visit metronews.ca to watch metrotube

Teach English Abroad & Explore the Exotic
Fall TESOL Course: September 21st - 26th
Seats Available Call today!!
Free Teach Abroad Seminar this Tuesday Sept. 14th at 7pm 41 York
United TESOL International College of Teacher Training
www.unitedtesol.com 562-8370

SEPTEMBER 10, 2010
FASHION FRIDAY
PRESENTS NEW BRANDS AT SEARS
ELLEN TRACY liz claiborne JONES & CO.

Buy any 3 pieces from Jones & Co., Ellen Tracy or Liz Claiborne® brands and you'll receive an
ADDITIONAL $10 OFF your purchase of $100 or more*
*Before taxes. Excludes items with prices ending in .97, currently advertised items, Catalogue & online purchases.
Sears
NE092G810 © 2010. Sears Canada Inc.

XPERIA
X10 mini

club metro

Great surprises come in Mini packages

You could win a 2011 MINI Cooper™ and a new Xperia™ X10 mini – the world's smallest Android* phone. Enter now at clubmetro.com

Sony Ericsson
make.believe

Available exclusively at
ROGERS™

NO PURCHASE OR PAYMENT NECESSARY TO ENTER OR WIN. For official rules and to enter, visit www.clubmetro.com and complete the entry form as instructed on screen. Contest closes at 11:59:59 pm EDT on 9/30/10. Contest is open to legal residents of Canada (excluding Quebec), who are over the age of majority in their province or territory of residence at the time of entry. One prize consisting of a 2011 BMW/MINI Cooper™ car and a Sony Ericsson Xperia™ X10 mini phone. Total prize is valued at $26,300 CDN. Odds of winning depend on the number of eligible entries received. Selected entrants must correctly answer a mathematical skill testing question. Void in Quebec and where prohibited.

Prizes pictured are for illustrative purposes only. Actual prizes may vary from the prize pictured. BMW/MINI Cooper is not endorsing, sponsoring, or otherwise affiliated with this promotion.

*"smallest" defined as the product of Height x Width. *Based on phones available for purchase on the market as of April 28, 2010.

Screen images are simulated or enhanced.

The Liquid Identity and Liquid Energy logos, Xperia and Timescape are trademarks or registered trademarks of Sony Ericsson Mobile Communications AB. Ericsson is a trademark of Telefonaktiebolaget LM Ericsson. Sony and "make.believe" are trademarks or registered trademarks of Sony Corporation. Google and Android are trademarks of Google, Inc. MINI COOPER is a trademark or registered trademark of BMW. All other trademarks are property of their respective owners. Copyright ©2010 Sony Ericsson Mobile Communications AB. All rights reserved.

New book tells true story of horrific ordeal

‘3,096 Days’ details author’s life in captivity ◗ Author says she’s stung by ‘stupid jokes’ made in her presence

HANS PUNZ/THE ASSOCIATED PRESS

▶ Natascha Kampusch poses with her book.

Amid tight security and applause, an Austrian kidnap victim presented a book about her eight-and-a-half-year ordeal Thursday, saying she wrote it to start a new life.

Natascha Kampusch was abducted as a 10-year-old and held in an underground cell in a Vienna suburb until she escaped in August 2006. Her captor, Wolfgang Priklopil, killed himself soon after she got away. The story sent shock waves around the world.

In the new account of her captivity, which is titled “3,096 Days” and went on sale earlier this week, the now 22-year-old says she was repeatedly beaten, starved and forced to do housework half-naked at the mercy of a paranoid man who admired Hitler and wanted her to call him “maestro” and “my lord.”

“Enough time has passed ... I just wanted to start a new life,” Kampusch told a large crowd crammed into a Vienna bookstore for the roughly one-hour event.

As people young and old listened attentively and clapped, Kampusch read excerpts depicting, among other things, her first day in the dungeon and her failed attempt — during a ski trip with her captor — to seek help from a woman in a public restroom.

In a question-and-answer session, Kampusch said she was wounded by people who react negatively towards her.

THE ASSOCIATED PRESS

Êtes-vous :
Francophone ontarien âgé de 18+? À la recherche d’emploi? Intéressé à un retour aux études?

Le projet COMPÉTENCES à la CARTE est définitivement pour vous !

- Une évaluation de vos compétences et aptitudes
- Un plan d’action sur mesure

Formation visant à développer les compétences essentielles suivantes :

- Lecture de documents
- Anglais
- Français canadien
- Calcul
- Informatique de base
- Microsoft Word et Excel
- Doigté
- Service à la clientèle
- RCR
- SIMDUT (Santé et sécurité au travail)

Aussi disponible :

- Préparation au retour aux études et autres...

Une formation gratuite, modulaire et flexible

Pour plus de renseignement, téléphonez au 613 742-2475

EMPLOI ONTARIO
Ce projet est financé par *Emploi Ontario*

LCA-10-022b

la cité collégiale
Le Collège des meilleures pratiques

THE ASSOCIATED PRESS

▶ A suspected Somali pirate, arrested earlier this year, gives a thumbs up as he arrives at court last Monday.

Commandos take pirate ship

Marines: Attack involved 'overwhelming force' and surprise Pirates said to have surrendered quickly

U.S. Marine commandos stormed a pirate-held cargo ship off the Somalia coast Thursday, reclaiming control and taking nine prisoners without firing a shot in the first such boarding raid by the international anti-piracy flotilla, U.S. Navy officials said.

The mission — using small craft to reach the deck of German-owned vessel as the crew huddled in a safe room below — ranks among the most dramatic high seas confrontations with pirates by the task force created to protect shipping lanes off lawless Somalia.

The crew managed to kill the engines before taking refuge in an panic room-style chamber, leaving the ship adrift and the pirates so frustrated they started damaging equipment after hijacking the vessel Wednesday, navy officials and the ship's operator say.

Lt. John Fage, a spokesman at the U.S. Fifth Fleet headquarters in Bahrain, described the predawn raid as an "air and sea" assault that included Cobra attack helicopters for surveillance and co-ordination.

THE ASSOCIATED PRESS

JPMORGAN CHASE INVITES YOU TO JOIN OUR CANADIAN TEAM!

STRENGTHEN OUR COMPANY

Here's what Chase is looking for in a candidate:

- Excellent customer service and ability to successfully engage with customers
- Excellent oral and written communications skills
- At least one year of customer service or sales experience
- Strong, consistent work history

We offer paid training, competitive salary and benefits, performance incentives, career growth opportunities and an inclusive culture

- Assets of $2.1 trillion and operations in more than 60 countries
- 2nd largest global issuer of Visa and MasterCard
- Over 40 years of stability and growth in Canada

Visit us at our Career Event:

Monday, September 13th
8 am - 8 pm

Westin Hotel
11 Colonel by Dr
Ottawa, ON
K1N 9H4

JPMorgan Chase & Co.

Explore new career opportunities online at:
careers.jpmorganchase.com
Keyword: ottawa1

We are committed to employment equity. Individuals who consider themselves aboriginal, visible minorities, and/or people with disabilities are encouraged to apply.

The Comwave Comparison

Bell
Bell Home Phone Choice
$68.79
VoiceMail
Call Display
Call Waiting
Call Return
Three Way Calling
Call Forwarding
Includes
UNLIMITED Calling to Canada & U.S.A.

Rogers
Rogers Extra Value Plan
$41.31
VoiceMail
Call Display
Call Waiting
Call Return
Three Way Calling
Call Forwarding
Includes
1000 Minutes to Canada & U.S.A.

comwave
One-Rate Plan
$29.95
Includes UNLIMITED Calling to Canada & U.S.A.
VoiceMail
Call Display
Call Waiting
Call Return
Three Way Calling
Call Forwarding
And Much More!

Home Phone Lines

Enhanced	Unlimited Canada	One-Rate	Global
$14.95/month	$19.95/month	$29.95/month	$39.95/month
UNLIMITED Local Calling	UNLIMITED Calling to Canada	UNLIMITED Calling to Canada & U.S.A.	UNLIMITED Calling to 25 COUNTRIES!
✓ All Features FREE	✓ All Features FREE	✓ All Features FREE	✓ All Features FREE

All Features FREE!

- Caller ID
- Call Forwarding
- Voicemail
- Call Waiting

and much more!

LIMITED TIME OFFER!
UNLIMITED Calling to INDIA
Add Unlimited India to any Comwave Home Phone Plan
ONLY $19.95/month

90 DAY FREE TRIAL

- Keep your existing Phone Number
- Satisfaction Guaranteed!

613-216-6096
comwave
www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The Rates of $41.31/month and $68.79/month are as advertised on http://www.homephonechallenge.ca on Oct. 5 2009. The Global Home Phone plan is limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. One Rate plan does not include calls to the Yukon, Nunavut, N.W.T, Hawaii or Alaska. The rates are based on a 3 year term. Rate guarantee is based on competitors lowest advertised rate for like services. The 90 day free trial apply immediately upon activation of the service. $19.95 Unlimited calling to India can add to any Comwave Home Phone Plan and it is limited to 3000 minutes per month. Unused minutes do not roll over to the following month. Terms and conditions apply, see www.comwave.ca for details

Extra EI payments ending

- Provinces argue money is still needed to stimulate economy
- $600M for training also gone

Workers who lose their jobs next week will receive less employment insurance.

As of Saturday, Ottawa will cancel an extra five weeks of regular EI benefits and end a program that provided up to an additional 20 weeks of benefits for longer-serving employees.

For older workers who suddenly find themselves unemployed after years of long-term service, this is a crushing blow, says Ontario's Intergovernmental Affairs Minister Monique Smith.

Last year, Prime Minister Stephen Harper enhanced regular EI benefits for laid off workers by five weeks in response to the crippling of Canada's job market during the economic downturn. Ottawa also enhanced benefits for longer-serving employees by up to 20 weeks.

Five weeks of benefits roughly equals $1,768 on average — EI claims are based on 55 per cent of a person's income. Twenty weeks is a loss $7,072.

"Pull that support from these families and it is a real hurt."
MONIQUE SMITH, ONTARIO MINISTER OF INTERGOVERNMENTAL AFFAIRS

As part of Ottawa's economic action plan, the government introduced a $47-billion, two-year spending program. It included spending on infrastructure and enhanced EI benefits. Its aim was to prop up the national economy, but the infrastructure taps will be turned off March 31, 2011.

Ontario is not the only province hurting from the end of stimulus funding. The EI clawback is nationwide. Nova Scotia Premier Darrell Dexter told the Toronto Star the Harper government is "fixated on drawing very definite lines" on when the programs will end.

TORSTAR NEWS SERVICE

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
– 8.73 (12,033.53)	+ 0.35¢ (96.74¢ US)	– 42¢ US ($74.25 US)	$3.768 (– 4.6¢)
			Gold contracts $1,248.90 (– $6.70)

SOURCE: THE CANADIAN PRESS

Incentives can't last: Ford CEO

400 The number of employees who will be laid off this fall at Ford's Windsor, Ont. plant.

Low fuel prices and big customer incentives have made trucks a surprising winner with consumers lately.

But the trend is not sustainable, says David Mondragon, the chief executive of Ford Canada. He told a business luncheon at a Toronto hotel that "in the not too distant future, we predict oil prices to exceed $100 US per barrel once again, shifting consumer behaviour to more fuel efficient vehicles."

THE CANADIAN PRESS

UNTANGLE LIFE'S CHALLENGES
• SUPPORT FOR SENIORS • FINANCIAL ISSUES • COPING WITH DISABILITIES • STRESS AND BEREAVEMENT • EMOTIONAL HEALTH • SETTLEMENT SERVICES •

DIAL
211
Connecting you to a full range of non-emergency community, social, government and health services
• FREE • CONFIDENTIAL • MULTILINGUAL • OVER 150 LANGUAGES
www.211ontario.ca

Goldman Sachs fined $27 million

Britain's financial regulator hit Goldman Sachs International with a 17.5-million pound ($27 million US) fine yesterday for failing to notify U.K. authorities about an investigation in the United States.

"This penalty should send a message particularly to the senior management of large institutions of the need to have their firm's U.K. reporting obligations at the forefront of their minds," said Margaret Cole, the FSA's managing director of enforcement and financial crime.

THE ASSOCIATED PRESS

THE FOUR-DAY WORK WEEK WILL SAVE US

Other people's money

DAVID DESCÔTEAUX

Want to help the environment? Here's my solution.

I recycle and I compost. I don't own a car. I work from home, which reduces my "carbon footprint." And like many of you, I hope clean energies will soon power our economies.

But let's not kid ourselves.

Nine-tenths of all the energy we use is still produced from carbon-based sources like coal, oil and natural gas.

The day renewable energies will replace oil is still far away.

But don't despair. I have a solution to start helping the environment right away: The four-day work week. One fewer day per week of traffic, lights, computers and elevators soaking up energy.

But the economy sucks, you say.

People are losing their jobs.

And most Canadian companies are small businesses — with fewer than 10 employees, it's hard to do without one's sole receptionist on Fridays.

I hear you.

So I thought of one group that could start the movement: Politicians. They love to spend our money on laws, programs and subsidies that cater to interest groups. If politicians only work four days, lobbyists will also have to reduce their work week. Mother Nature will be happy.

Taxpayers, too. My own provincial government recently spent $732 million on subsidies — mostly to multinational corporations — in just one week. Actually, it was a four-day week because of a holiday. Imagine if they had had five!

Colour me cynical, but I believe that the less politicians work, the less damage they cause.

We can act now for planet Earth. Let's adopt the four-day work week for politicians.

The environment — and your wallet — will feel better.

David Descôteaux is a freelance economic journalist and an associate researcher at the Montreal Economic Institute.

CONTRIBUTED

▶ Dave Mullington

5 MINUTES WITH: DAVE MULLINGTON

Ottawa writer Dave Mullington's new book, Charlotte: The Last Suffragette, is a biography of Charlotte Whitton (1896-1975), Ottawa's first female mayor, and the first female mayor of a major Canadian city.

Why did Charlotte Whitton jump out at you as a subject?
As a kid growing up in Ottawa I'd heard a lot about Charlotte Whitton but I didn't give much of a damn about politics. But later on, after graduation, I went across the country as a journalist and then overseas. I came back to Ottawa in 1980 and lo and behold her name was still popular. She'd died five years earlier, but people still talked about Charlotte and the crazy things she did, and so on.

What do you think was her biggest or most lasting achievement as mayor?
I don't think there was just one. She had a lot of achievements. She was strong on low-cost housing. In the post-war period there was a lack of affordable housing for a lot of people, particularly the returned soldiers. Also, before she came along the city was without a city hall for 25 years. The old one burned down in 1931 and all the councils since then had been dithering. She also made sure that they had a new police station and a new courthouse. She modernized the city's public service. At that time there was a lot of cronyism going on and she stomped down on that.

What's your take on the recent controversy over her designation as a person of national historic significance? (Whitton opposed Jewish immigration in the 1930s.)
I think she is a woman of national significance. Certainly, she said some of the wrong things, not just against Jews, but she said a lot of nasty things about Francophones and about Orientals and so on. That was in a different time and people were very wary of strangers.

Do you have a favourite Whitton quotation or anecdote?
The Lord Mayor of London came to Ottawa on a formal visit and he arrived wearing his chain of office. She had a banquet for him at the Chateau Laurier and during the meeting he leaned over and looked at her corsage and said, "If I smell your rose will you blush?" and she shot back, "If I pull your chain will you flush?"

If Charlotte Whitton was running for mayor this fall, would you vote for her?
(Laughs) No.

STEVE COLLINS

Cartoon

MICHAEL DE ADDER

Flap those arms, men

Worth mentioning

John Travolta was onto something. Women are most attracted to male dancers who have big, flamboyant moves similar to the actor's trademark style, British scientists report in a new study.

Kris McCarty and colleagues at Northumbria University and the University of Gottingen in Germany asked 19 men aged 18 to 35 who were not professional dancers to dance in a laboratory for one minute to a basic drum rhythm. They filmed the men's movements with a dozen cameras, and then turned those movements into computer-generated avatars so the study could focus on moves, not appearances.

Scientists then showed the dancing avatars to 37 women, who rated their skills on a scale of 1 to 7. According to the women, the best dancers were those who had a wide range of dance moves and focused on the head, neck and torso.

Rufus Johnstone, a reader in the evolution of animal behaviour at Cambridge University, said there are similarities between animal mating rituals and what happens in modern dance clubs.

"There are lots of cues females use when choosing a mate, like a peacock puffing out its tail," he said. THE ASSOCIATED PRESS

All the right moves

THE ASSOCIATED PRESS FILE

What is the best job you ever had?

Email
ottawaletters@metronews.ca
Twitter
@metroottawa

Metro has the right to edit letters and submissions.

metro

METRO OTTAWA • 130 Slater St., Suite 300 • Ottawa, ON K1P 6E2 • T: 613-236-5058 • Fax: 866-253-2024
Toll free: 1-888-916-3876 • adinfoottawa@metronews.ca
Distribution: bernie.horton@metronews.ca
Publisher Bill McDonald, **Managing Editor** Tracey Tong, **Sales Manager** Dara Mottahed, **Distribution Manager** Bernie Horton

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute with draught masters

You love beer and may even go so far as to call yourself a connoisseur, but what do you know about pouring?

Ottawa residents can test their pint-pouring skills at two events Friday and Saturday to earn a chance to compete at the Ottawa Regional Stella Artois Draught Master Competition Sept. 18.

The qualifying events are scheduled for the Foundation at 18 York St. Friday at 11 p.m., and at the Standard at 360 Elgin St. beginning at 7 p.m. Saturday.

Beginning with the glassware, the pouring ritual demands that pourers follow the correct technique to ensure a perfect pint.

TRACEY TONG

Three days to play

STUDENTS ARE BACK TO SCHOOL THIS WEEK. WHAT DO YOU MISS MOST ABOUT BEING A STUDENT?

Katie Bunting
OTTAWA
My roommates. I met my two best friends in university. They were my roommates. We see each other all the time, but it's not the same.

Kevin Falkingham
OTTAWA
It was a lot easier as a student to create a social circle of friends.

MILESTONE 510: DINNER AND A MOVIE ALL ON YOUR SCENE CARD

Now **Earn & Redeem** SCENE™ Points at Milestones Grill + Bar.

Only For a Limited Time!

VISIT SCENE.CA FOR DETAILS

milestones GRILL + BAR

SCENE MOVIE LOVERS GET IT

GET IT AT SCENE.CA™

CINEPLEX

Scotiabank

The SCENE Milestones Points Promotion Offer ends September 30, 2010 at participating Milestones restaurants in the province of Ontario. SCENE members must present their black SCENE membership card at time of payment. SCENE members can earn 5 SCENE points for every $1.00 spent on the purchase of food and beverages (including alcohol), less any discounts, taxes & gratuity (maximum two transactions per day). SCENE members can redeem 1500 SCENE points to receive $10.00 off their bill (excluding alcohol, taxes and gratuity). Some restrictions and or limitations apply. Please visit www.scene.ca/milestones for full details and a list of participating Milestones restaurants.

™ Trademark of SCENE IP LP. © Cineplex Entertainment LP, used under license ® ® Registered trademark of The Bank of Nova Scotia.

▶ Carey Mulligan, left, stars in Never Let Me Go with Keira Knightly, centre.

Mulligan excited for 'biggest part' yet

Oscar nominee badly wanted role in Never Let Me Go after reading the popular book the movie is based on Actress enjoyed bringing life to a character she fell in love with

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Carey Mulligan is the first to admit that her latest film, the adaptation of Kazuo Ishiguro's Never Let Me Go, was a role very close to her heart, as she fell in love with the novel before an film was even planned. Nominated for an Oscar last year for her performance in An Education, 25-year-old Mulligan is quickly developing an impressive resume. She sat down with Metro to discuss the themes of the novel, playing a part she never thought she'd get and ignoring the noise of awards season.

Were you a fan of the book before auditioning?

Yes. My mum was a big Ishiguro fan, and I read it immediately after her. I loved it, and didn't really think it was a part I could get because of all the usual reasons. So when it came around, to get to audition for it was huge for me. It was sort of the biggest part I'd auditioned for — and kind of the best phone call I'd ever had when I got the job.

So why do you think the characters don't run away?

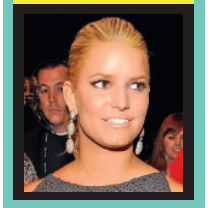
I don't see any reason why they would, having kind of briefly lived in that world. You know, they're brought up to believe if they leave the confines of their school, it's certain death. There's nothing out there that's better than what they have, in their minds.

We're heading into awards season again soon. How is living in that world so early in your career?

It sort of feels like that's somehow always the ultimate goal, and for me that's not the ultimate goal. It's sort of like the only merit you can have as a film is if you win an award, and I think the merit you have with the film is if you take a book that people love and you make a film that's faithful to that book and doesn't hurt the book and tell a story that moves people in whatever way.

2 scene

News in brief



Jessica Simpson took her seat as guest judge at Thursday's Project Runway show at New York Fashion Week in a super-short, sparkly silver minidress.

Ten aspiring designers showed their collections to Simpson, Heidi Klum, Michael Kors and Nina Garcia, although several knew they already didn't make the cut and won't be the Season 8 winner. Extra designers needed to participate to keep secret the winners and losers of episodes that haven't yet aired.

THE ASSOCIATED PRESS

Japanese cult director Miike remakes samurai classic 'Thirteen Assassins' for new generation

Music docs that top the charts

▶ Madonna: Truth or Dare followed the pop star on her 1990 Blond Ambition tour.

Get a fascinating look behind the music with five of the best true stories on musicians ◐ Sex, drugs, rock 'n' roll and everything in between

There are music documentaries that are all about the music — concert films that focus solely on the artistry and thrill of live performance — and then there are juicy ones that are all about backstage ego and volatility.

I'm Still Here, which follows Joaquin Phoenix's tumultuous transformation from Oscar-nominated actor to shaggy, doughy rapper, would seem to fall into the latter category — if it truly is a documentary, that is, and not an elaborate put-on. Here are some other examples of serious rock-star behaviour:

Bob Dylan: Don't Look Back

A classic from legendary documentarian D.A. Pennebaker, this behind-the-scenes look at the 23-year-old Dylan set the standard for this kind of film. It's got all that famous imagery: the black-and-white verite photography, Dylan standing there tossing away cue cards with the lyrics to Subterranean Homesick Blues. All impish charisma and childish impulse, Dylan tours England in 1965 with Joan Baez and Donovan, tussles with reporters and forges one of the many facets of his persona we'd come to know, or at least think we know. Walk Hard: The Dewey Cox Story parodies this time in Dylan's life with dead-on hilarity.

▶ The documentary Gimme Shelter followed the Rolling Stones and includes the now infamous concert the band played in 1969 at Altamont.

I Am Trying to Break Your Heart

Visually similar to Don't Look Back with its grainy, black-and-white cinematography, this documentary began life as an up-close depiction of the Chicago band Wilco as it stood on the brink of stardom. It ended up being an indictment of the corporations that run the recording industry. Led by singer-songwriter Jeff Tweedy, the band records its fourth album, Yankee Hotel Foxtrot, only to reach an impasse with the label over its content. Frustrations lead to infighting. But director Sam Jones' film also functions beautifully in its performance scenes, whether in the intimacy of rehearsal or on stage, where Wilco enjoys a cult-like fan following.

Metallica: Some Kind of Monster

A riveting look at a turbulent time in the monstrously popular metal band's history. You don't have to be a Metallica fan to enjoy this movie (though there are plenty of recording sessions to watch if you are). Through the group's brutally honest therapy sessions, filmmakers Joe Berlinger and Bruce Sinofsky tell a story of loyalty, communication, redemption and the challenges that come with continuing a career in your 40s. The members of Metallica fight, record their album St. Anger, fight some more, and eventually find some kind of peace. The film is so nonjudgmental — and often so insightful — it never falls into Spinal Tap-style parody.

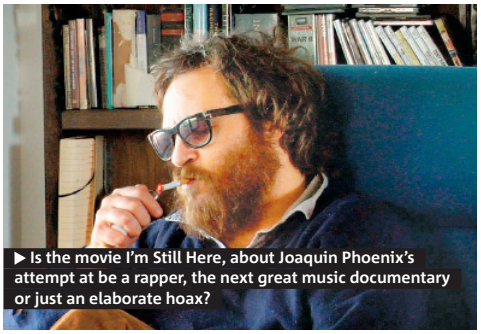
Gimme Shelter

Another classic from another legendary documentarian, Albert Maysles. Here, the volatility doesn't just exist backstage, it permeates every scene, swelling as the film leads up to its explosive climax: the Rolling Stones' concert at Altamont, where a clash between Hell's Angels and fans results in death. Maysles follows the band's 1969 tour, and the feeling of dread is inescapable; the fact that we know what's coming at the end in no way depletes it of its suspense. Mick Jagger tries to quell tensions from the stage, but even being a sexy and charming rock star does no good in a violent crowd of hundreds of thousands. The band's reaction to the footage afterward is chilling.

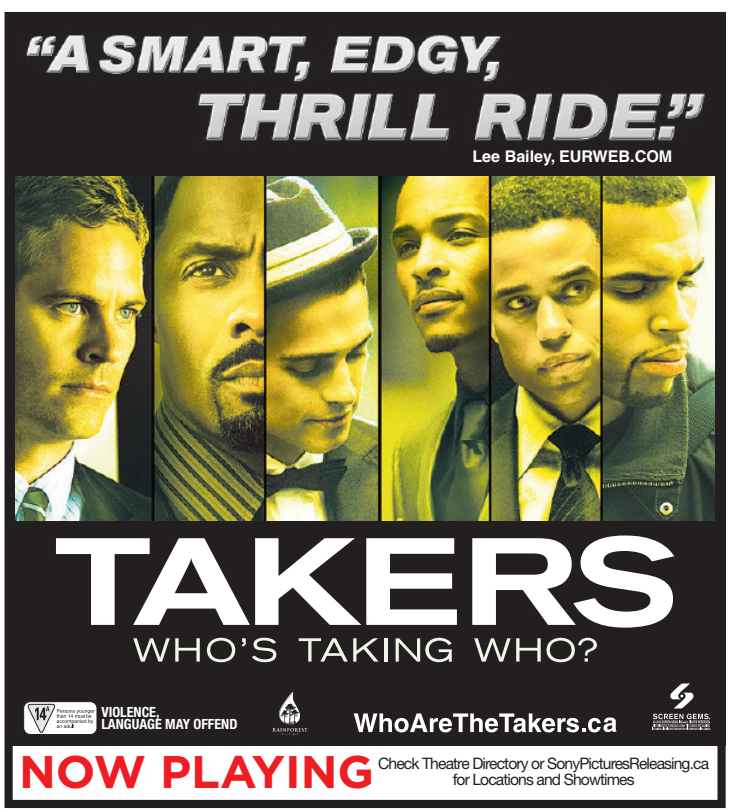
Madonna: Truth or Dare

A striking mix of black and white with bursts of colour during the concert scenes, which seems fitting for Madonna, given the dramatically fluctuating images of herself she presents to the world. Director Alek Keshishian follows Madonna on her grueling 1990 Blond Ambition tour and provides many of the moments we've come to associate with the pop star: the pre-show prayer circles, the sex games with her dancers, the backstage dissing of Kevin Costner. She's always fully aware she's being filmed, of course — don't kid yourself that you're seeing the "real" Madonna. As "herself," though, she certainly gives a better performance than she did in Swept Away. And if it doesn't happen on camera for Madonna, as Warren Beatty astutely observes, it may as well not happen at all.

THE ASSOCIATED PRESS



▶ Is the movie I'm Still Here, about Joaquin Phoenix's attempt at be a rapper, the next great music documentary or just an elaborate hoax?



Night raises the Devil

Shyamalan gives up director's chair for latest thriller ◆ Filmmaker prefers fun scary over trauma scary

TREVOR PARKER
SCENE@METRONEWS.CA

▶ In Devil, five strangers are trapped in an elevator and one of them is hiding a dark secret.

Filmmaker M. Night Shyamalan has made a career out of assaulting audiences' nerves with his tense and twisting thrillers, and now for the new film Devil he's called in reinforcements. Shyamalan serves as Devil's producer and story creator while bringing the Dowdle brothers (Quarantine) on board to handle directing duties. Opening next Friday, the film tells the tale of five strangers trapped in an elevator and struggling to uncover which of them hides a diabolical secret before time runs out.

Originally intending to direct Devil himself, Shyamalan was impressed with the Dowdles' interpretation: "They just made a really scary movie, which I guess is the bottom line. And it's the fun scary. You know how there's like, trauma scary? That's not what this is. You'll actually be giggling at yourself because you're jumping so much. That was really our goal. After seeing Quarantine, I said I wanted that level of fun ride to Devil."

Devil will be the first in a planned series of films called The Night Chronicles, in which other directors and screenwriters will work with story outlines provided by Shyamalan. "I'm always choosing one (idea) over the other for myself to make, but I really want to tell these stories, so I thought, 'Let's go out and get some great filmmakers to help,'" he explains.

After Shyamalan's last outing, the more family-oriented The Last Airbender, he's eager to jump back into the fright business. "It's kind of cool to have a family movie come out and then Devil, which is the sort of movie I would love to go see myself. I'm a tension junkie, a crack addict for suspense," he laughs.

No remake

Dreading the possibility of an unnecessary "reimagining" for Shyamalan's 1999 hit The Sixth Sense? Fear not, this is one classic title that will remain tamper-proof. Shyamalan assures Metro that he accepted a reduced paycheque at the time of filming in order to retain all rights to his Sixth Sense screenplay and that he's none too keen on ever seeing it remade.

Bollywood star helps abuse victims

LYNNE SLADKY/THE ASSOCIATED PRESS

▶ Somy Ali

Years after Somy Ali left her glamorous life as a Bollywood actress, she heard a knock on her door from a Bangladeshi neighbour, asking for help.

The woman said she'd been sexually and physically abused for a decade by her husband, his father and his brother. Ali paid for the woman's apartment and divorce.

"I said 'There have to be more women like this,"' Ali said.

So she founded a not-for-profit organization called No More Tears Inc. in 2006. So far it has helped 48 women. Ali funds her organization in part by giving 10 per cent of the revenue from her clothing company, So-Me Designs.

"These people have become part of my family," she said. "There is nothing more gratifying than rescuing a woman."

Ali's own life reads like a Bollywood script. She grew up in an opulent 26-room mansion in Karachi, the daughter of a Pakistani movie producer father and an Iraqi mother. When Ali was nine, she moved to Florida with her mother and brother.

At 15, she decided that she wanted to marry actor Salman Khan, whom she calls "the equivalent of Brad Pitt in India," and that she wanted to move to India.

Eventually, she got her way. While in a Mumbai hotel lobby, a producer's assistant spotted her and launched her career in film. Soon after, Khan saw her at an agency by chance and cast her in a movie.

Her Bollywood romance lasted a few years, but Ali soon broke up with Khan and came to back to Florida at age 24.

Now, at 34, she is trying to get the message out to victims of abuse. She puts her brochures in mosques, churches, and ethnic grocery stores, and even in Indian and Pakistani restaurants.

"If you want to help someone, it comes naturally," she said.

THE ASSOCIATED PRESS

THESE PAGES COVER MOVIE START TIMES FROM FRI., SEP. 10 TO THURS., SEP. 16. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

OTTAWA

BYTOWNE CINEMA
325 Rideau St., 613-789-3456

Animal Kingdom (14A) Fri 6:50 Sat 9:15 Sun 1:30-6:30 Mon-Tue 6:50 Wed-Thu 9:25
Coco Chanel & Igor Stravinsky (18A) Tue 4:20 Wed 6:55 Thu 4:15
Happiness (STC) Mon 4:05 Tue 9:15
Hugh Hefner: Playboy, Activist and Rebel (14A) Fri 9:15 Sat 4:05-6:40 Sun 3:55 Mon 9:15
Restrepo (STC) Fri 4:45 Sat 2 Sun 8:55
The Secret in Their Eyes (14A) Wed 4:15 Thu 6:45

CANADIAN FILM INSTITUTE
2 Daly Ave., Suite 120, 613-232-6727

El Compadre Mendoza (STC) Thu 7:30
No Films Showing Today (STC) Fri-Sun Tue-Wed
Prisoner 13 (STC) Mon 7:30

CANADIAN MUSEUM OF NATURE
240 McLeod St., 613-566-4700

No Films Showing Today (STC) Fri-Thu

CENTRETOWN MOVIES
Dundonald Park, 512 Somerset St. W., 613-232-1534, centretownmovies.org

Listings not available at press time.

COLISEUM OTTAWA
3090 Carling Ave., 613-596-9475

The American (14A) Fri-Sun 1:15-4:7:10-10:10 Mon-Thu 4:7:10-10:10
Avatar: Special Edition 3D (PG) Fri-Sun 1:4:40-8:30 Mon-Thu 4:40-8:30
BBC Last Night Of The Proms 2010 (STC) Sat 2:30
Eat Pray Love (PG) Fri-Sun 12:30-3:40-6:55-10:05 Mon-Thu 3:40-6:55-10:05
The Expendables (18A) Fri-Sun 1:30-4:10-7:05-9:45 Mon-Thu 4:10-7:05-9:45
Going the Distance (14A) Fri-Sun 12:45-3:35-7:30-10:20 Mon-Thu 3:35-7:30-10:20 Star & Strollers Screening Thu 1
Inception (PG) Fri-Sun 12:15-3:30-6:45-10 Mon-Thu 3:30-6:45-10
Ladies and Gentlemen, the Rolling Stones (PG) Thu 7
The Last Exorcism (14A) Fri 12:40-3:5:20-8-10:25 Sat 12:40-8:10:25 Sun 12:40-3-5:20-8-10:25 Mon-Thu 5:20-8-10:25
Machete (18A) Fri-Sun 1:50-4:50-7:40-10:15 Mon-Thu 4:50-7:40-10:15
The Other Guys (14A) Fri 1:40-4:20-7:50 Sat 4:20-7:50 Sun 1:40-4:20-7:50 Mon-Thu 4:20-7:50
Resident Evil: Afterlife 3D (18A) Fri-Sun 12:55-3:50-7-9:30 Mon-Thu 3:50-7-9:30
Scott Pilgrim vs. the World (PG) Fri-Thu 10:30
Takers (14A) Fri-Sun 1:20-4:30-7:15-9:50 Mon-Wed 4:30-7:15-9:50 Thu 4:30-9:50 Star & Strollers Screening Thu 1
We Are Family (PG) Fri-Sun 1:10-3:55-6:40-9:55 Mon-Thu 3:55-6:40-9:55

EMPIRE 7 CINEMAS
111 Albert St., 3rd Floor, World Exchange Plaza, 613-233-0209

The American (14A) Fri 4:20-7:20-9:50 Sat 7:20-9:50 Sun 1:20-4:20-7:20-9:50 Mon-Tue 4:20-7:20-9:50 Wed 4:20-9:50 Thu 4:20-7:20-9:50
Eat Pray Love (PG) Fri 3:30-6:30-9:35 Sat-Sun 12:30-3:30-6:30-9:35 Mon-Thu 3:30-6:30-9:35
Flipped (PG) Fri 4-7-9:40 Sat-Sun 1-4-7-9:40 Mon-Thu 4-7-9:40
Going the Distance (14A) No Passes Fri 3:40-6:40-9:10 No Passes Sat-Sun 12:40-3:40-6:40-9:10 Mon-Thu 3:40-6:40-9:10
Inception (PG) Fri 3:20-6:20-9:30 Sat-Sun 12:20-3:20-6:20-9:30 Mon-Thu 3:20-6:20-9:30
Joan Rivers: A Piece of Work (14A) Fri 4:10-7:10-9:55 Sat-Sun 1:10-4:10-7:10-9:55 Mon-Thu 4:10-7:10-9:55
Scott Pilgrim vs. the World (PG) Fri 3:50-6:45-9:20 Sat-Sun 12:50-3:50-6:45-9:20 Mon-Thu 3:50-6:45-9:20

MAYFAIR THEATRE
1074 Bank St., 613-730-3403, mayfair-movie.com

Land (STC) Fri-Sat 7 Sun 6:45 Mon 7
Last Call at the Gladstone Hotel (STC) Wed 6:30
Night of the Living Dead: Reanimated (STC) Fri 10:45
Nighthawks (STC) Sun 3
Prince of Persia: The Sands of Time (PG) Sat-Sun 12:30
Remnants of a War (STC) Thu 7
The Rocky Horror Picture Show (14A) Sat 11
Rocky III (STC) Sat 3 Tue 7
Rocky IV (STC) Sat 5 Tue 9
Salt (PG) Sat 8:45 Mon 8:45 Wed 9 Thu 8:45
Sin City (18A) Sun 8:30

OTTAWA FAMILY CINEMA
710 Broadview Ave., 613-722-8218, familycinema.ca

How to Train Your Dragon (PG) Sat 2
No Films Showing Today (STC) Fri Sun-Thu

RAINBOW CINEMAS
St. Laurent Centre, 1200 St. Laurent Blvd., 613-688-0850

Cats & Dogs: The Revenge of Kitty Galore 3D (G) Fri-Thu 12:50-2:50-4:55
Grown Ups (PG) Fri-Wed 1-9:15 Thu 9:15 Thu 1
The Karate Kid (PG) Fri-Thu 10:10-4
The Kids Are All Right (18A) Fri 10:30-7:05-9:20 Sat 7:05-9:20 Sun-Thu 10:30-7:05-9:20
Predators (14A) Fri-Thu 4:45-9:25
Ramona and Beezus (G) Fri-Thu 10-12:20-2:30-7:15
Shrek Forever After 3D (PG) Fri-Thu 10:40-2:40-4:35
The Sorcerer's Apprentice (PG) Fri-Thu 1:15-6:55-9:10
The Switch (PG) Fri-Thu 12:30-6:45-9
The Twilight Saga: Eclipse (PG) Fri-Thu 10:20-3:40-6:35

RIDEAU CENTRE CINEMAS
50 Rideau St., 613-234-3712

The Expendables (18A) SDDS Digital Fri 4:20-6:50-9:15 SDDS Digital Sat-Sun 2-4:20-6:50-9:15 SDDS Digital Mon-Thu 3:20-5:40-8
Machete (18A) Dolby Stereo Digital Fri 4:35-7:05-9:30 Dolby Stereo Digital Sat-Sun 2:15-4:35-7:05-9:30 Dolby Stereo Digital Mon-Thu 3:35-5:55-8:15
Resident Evil: Afterlife (18A) Dolby Stereo Digital Fri 4:50-7:20-9:45 Dolby Stereo Digital Sat-Sun 2:30-4:50-7:20-9:45 Dolby Stereo Digital Mon-Thu 3:50-6:10-8:30

SOUTH KEYS
2214 Bank St., 613-736-1115

The American (14A) Fri-Thu 11:10-1:45-4:30-7:25-10
BBC Last Night Of The Proms 2010 (STC) Sat 2:30
Despicable Me 3D (PG) Fri-Thu 11-1:20-3:50-6:40-9:10
Eat Pray Love (PG) Fri-Thu 11:20-3:10-6:35-9:45
The Expendables (18A) Fri-Thu 11:05-1:50-4:35-7:15-9:50
Going the Distance (14A) Fri-Thu 10:35-1:15-4:10-6:55-9:25
Inception (PG) Fri-Thu 11:35-3:20-6:30-9:40
The Last Exorcism (14A) Fri-Thu 11:30-2-4:25-7:10-9:20
Machete (18A) Fri-Thu 10:55-1:40-4:15-7:30-10
Nanny McPhee Returns (G) Fri-Thu 10:25-1
The Other Guys (14A) Fri 10:50-1:30-4-6:45-9:15 Sat 10:50-4-6:45-9:15 Sun-Thu 10:50-1:30-4-6:45-9:15
Resident Evil: Afterlife 3D (18A) Fri-Thu 10:45-1:35-4:40-7:20-9:55
The Switch (PG) Fri-Thu 4:20-7:05-9:30
Takers (14A) Fri 10:30-1:10-4:05-7-9:35 Sat 10:30-1:10-7-9:35 Sun-Thu 10:30-1:10-4:05-7-9:35

GATINEAU

CANADIAN MUSEUM OF CIVILIZATION
100 rue Laurier, 819-776-7010

Cavaliers du Monde (STC) Fri 4:25 Sun 4:25 Wed 4:25
Hubble 3D (STC) Fri 11-2:15 Sat 11-2:15-8:05 Sun 11-2:15-6:35 Mon 11-2:15 Tue 11-2:15-8:40 Wed 11-2:15 Thu 11-2:15-7-9:10 Fri 1:10-8:05 Sat-Sun 9:55-1:10 Mon 1:10-8:05 Tue 1:10 Wed 1:10-8:40 Thu 1:10
Requins 3D (STC) Fri 9:10 Sat 4:25 Mon 4:25-9:10 Tue 4:25-7:35 Thu 4:25
Ride Around the World (STC) Fri 9:55-3:20 Sat-Sun 5:30 Tue-Thu 5:30
Sharks 3D (STC) Fri 12:05-5:30-7 Sat 12:05-3:20-7-9:10 Sun 12:05-3:20 Mon 12:05-3:20-7 Tue 12:05-3:20 Wed 12:05-3:20-7:35 Thu 12:05-3:20-8:05

CINÉ-CAMPUS UQO
283 rue St-Jean-Bosco, 819-773-1888

CINÉMA DES GALERIES D'AYLMER
400 boul. Wilfrid-Lavigne, 819-248-2526

Eat Pray Love (G) Fri-Sun 12:40-3:20-6:40-9:20 Mon 6:40 Tue 12:40-3:20-6:40-9:20 Wed-Thu 6:40-9:20
The Expendables (13+) Fri-Sun 1-3:10-7-9:10 Mon 7 Tue 7-9:10 Wed-Thu 9:10
Resident Evil: Afterlife 3D (13+) Fri-Sun 12:50-3-6:50-9 Mon 6:50 Tue 12:50-3-6:50-9 Wed-Thu 6:50-9 Tue 12:50
Scott Pilgrim vs. the World (G) Fri-Sun 1:10-3:30-7:10-9:30 Mon 7:10 Tue 1:10-3:30-7:10-9:30 Wed-Thu 7:10-9:30 Tue 1:10
Villa Amalia (G) Tue 1-3:30 Wed-Thu 7

CINÉ-STARZ
1100 boul. Maloney Ouest, 819-568-8000

Charlie St. Cloud (G) Fri-Sun 5:50-9:30 Mon-Thu 1:55-3:40-7:20-9:05
Histoire de Jouets 3 (STC) Fri-Sun 12-1:55-3:50-7:35 Mon-Thu 12-5:25
L'Apprenti Sorcier (G) Fri-Sun 12-1:55-3:50-7:25 Mon-Thu 12-1:55-7
Origine (G) Fri-Sun 9:25 Mon-Thu 1-3:35-6:45-9:20
Piché: Entre Ciel et Terre (STC) Fri-Sun 3:40-5:35-7:30 Mon-Thu 12-1:55-7:20
Piranha (16+) Fri-Sun 5:45-9:25 Mon-Thu 3:50-5:25-9
Ramona et Beezus (G) Fri-Sun 12-1:50
Salt (G) Fri-Sun 5:05-7-9:05 Mon-Thu 3:50-5:35-9:15
Shrek 4, Il Etait une Fin (STC) Fri-Sun 12-1:45-3:25

CINÉ-PARC TEMPLETON DRIVE-IN
1779 boul. Maloney Est, 819-663-0915

L'échange (G) Fri-Sat
No Films Showing Today (STC) Sun-Thu
Les Sacrifiés (13+) Fri-Sat
The Sorcerer's Apprentice (G) Fri-Sat
Step Up 3 (G) Fri-Sat

GATINEAU 9
120 boul. de l'Hôpital, 819-568-6070

Dansez Dans les Rues 3D (G) Fri 7-9:30 Sat-Sun 12:40-7-9:30 Mon 7-9:30 Tue 12:40-7-9:30 Wed-Thu 7-9:30
Filière 13 (G) Fri 6:30-9 Sat-Sun 12:10-2:45-6:30-9 Mon 6:30-9 Tue 12:10-2:45-6:30-9 Wed-Thu 6:30-9
L'Américain (13+) Fri 7:15 Sat-Sun 1:10-3:45-7:15 Mon 7:15 Tue 1:10-3:45-7:15 Wed-Thu 7:15
L'Arnacoeur (G) Fri 6:50-9:20 Sat-Sun 12:30-3:10-6:50-9:20 Mon 6:50-9:20 Tue 12:30-3:10-6:50-9:20 Wed-Thu 6:50-9:20
Loin des Yeux (13+) Fri 6:40-8:45 Sat-Sun 12:20-3:05-6:40-8:45 Mon 6:40-8:45 Tue 12:20-3:05-6:40-8:45 Wed-Thu 6:40-8:45
Macheté (13+) Fri 7:20-9:45 Sat-Sun 1:20-3:50-7:20-9:45 Mon 7:20-9:45 Tue 1:20-3:50-7:20-9:45 Wed-Thu 7:20-9:45
Mange Prie Aime (G) Fri 6:20-9:10 Sat-Sun 12-3-6:20-9:10 Mon 6:20-9:10 Tue 12-3-6:20-9:10 Wed-Thu 6:20-9:10
Resident Evil: L'au-delà 3D (13+) Fri 7:10-9:25 Sat-Sun 1-3:40-7:10-9:25 Mon 7:10-9:25 Tue 1-3:40-7:10-9:25 Wed-Thu 7:10-9:25
Le Retour de Nounou McPhee (G) Sat-Sun 3:20 Tue 3:20
Les Sacrifiés (13+) Fri-Thu 9:40
Y'en aura pas de facile (G) Fri 7:05-9:05 Sat-Sun 12:50-3:30-7:05-9:05 Mon 7:05-9:05 Tue 12:50-3:30-7:05-9:05 Wed-Thu 7:05-9:05

STARCITÉ HULL
115 boul. du Plateau, 819-770-1090, cinemasfortune.ca

The American (13+) Fri-Thu 12:20-2:55-6:55-9:30
BBC Last Night Of The Proms 2010 (STC) Sat 2:30
Eat Pray Love (G) Fri-Tue 12:35-3:40-6:45-9:50 Wed 12:40-3:45-6:45-9:50 Thu 12:35-3:40-6:45-9:50
The Expendables (13+) Fri 12:05-2:35-5:10-7:40-10:10 Sat 2:35-5:10-7:40-10:10 Sun-Thu 12:05-2:35-5:10-7:40-10:10
Going the Distance (13+) Fri-Thu 11:55-3:10-7:10-9:40
Inception (G) Fri-Thu 2:50-6-9:15
L'Arnacoeur (G) Fri-Thu 12:45-3:20-6:35-9:10
Ladies and Gentlemen, the Rolling Stones (STC) Thu 7
The Last Exorcism (13+) Fri-Tue 12:25-2:30-4:45-7:20-10:15 Wed 12:25-2:30-4:45-10:15 Thu 12:25-2:30-4:45-7:20-10:15
Machete (13+) Fri-Tue 12:45-3:20-7:40-10:15 Wed 12:45-3:20-7:35-10:15 Thu 12:45-3:20-7:40-10:15
Mesrine: Ennemi Public 1 (13+) Fri 12:15-3:35-6:50-9:45 Sat 12:15-6:50-9:45 Sun-Thu 12:15-3:35-6:50-9:45
Mesrine: L'Instinct de Mort (13+) Fri-Thu 12:30-3:15-6:40-9:30
Piranha (16+) Fri-Thu 12-2:25-4:50-7:05-9:20
Resident Evil: Afterlife 3D (13+) Fri-Thu 12:10-2:40-5:30-7:45-10:20
Resident Evil: L'au-delà 3D (13+) Fri-Thu 11:50-2:15-4:40-7:15-10
Step Up 3D (G) Fri-Thu 11:45-2:20-4:55-7:30-10:05
Takers (13+) Fri-Wed 12:50-3:25-6:55-9:55 Thu 12:50-3:25-9:55
Y'en aura pas de facile (G) Fri-Thu 12:15-2:45-5:05-7:35-9:50

BARRHAVEN

BARRHAVEN CINEMAS
131 Riocan Dr., 613-825-2463

The American (14A) Fri 6:40-9:30 Sat-Sun 12:40-3:30-6:40-9:30 Mon-Thu 5-7:40 Star & Strollers Screening Thu 1
BBC Last Night Of The Proms 2010 (STC) Sat 2:30
Despicable Me 3D (PG) Fri 7-9:20 Sat-Sun 1-4-7-9:20 Mon-Thu 5:30-8
Eat Pray Love (PG) Fri 6:50-10 Sat-Sun 12:30-3:40-6:50-10 Mon-Thu 5:10-8:20 Star & Strollers Screening Thu 1
The Expendables (18A) Fri 7:20-9:50 Sat 4:10-7:20-9:50 Sun 1:20-4:10-7:20-9:50 Mon-Thu 5:40-8:10
Going the Distance (14A) Fri 7:10-9:40 Sat 1:10-4:30-7:10-9:40 Sun 1:10-4:35-7:10-9:40 Mon-Thu 6-8:40
The Other Guys (14A) Fri 7:30-10:10 Sat 1:30-7:30-10:10 Sun 1:30-4:20-7:30-10:10 Mon-Thu 5:50-8:30
Resident Evil: Afterlife 3D (18A) Fri 6:30-9:10 Sat-Sun 12:50-3:50-6:30-9:10 Mon-Thu 5:20-7:50

GLOUCESTER

SILVERCITY
2385 City Park Dr., 613-688-8800

The American (14A) Fri-Thu 12:25-3:15-6:30-9:40
BBC Last Night Of The Proms 2010 (STC) Sat 2:30
Despicable Me 3D (PG) Fri-Thu 12:45-3:10-5:35-8-10:25
Dinner for Schmucks (14A) Fri 12:35-3:20-7:30-10:10 Sat 3:20-7:30-10:10 Sun-Tue 12:35-3:20-7:30-10:10 Wed 4:05-7:30-10:10 Thu 12:35-3:20-7:30-10:10 Star & Strollers Screening Wed 1
Eat Pray Love (PG) Fri-Thu 12:20-4:10-7:15-10:15
The Expendables (18A) Fri-Tue 12:50-3:45-6:50-9:45 Wed 3:45-6:50-9:45 Thu 12:50-3:45-6:50-9:45
Going the Distance (14A) Fri-Tue 1-3:35-7:25-10 Wed 3:35-7:25-10 Thu 1-3:35-7:25-10 Star & Strollers Screening Wed 1
Inception: The IMAX Experience (PG) Fri-Thu 12-3:30-7-10:20
Ladies and Gentlemen, the Rolling Stones (PG) Thu 7
The Last Exorcism (14A) Fri-Thu 12:05-2:25-4:40-7:20-9:35
Machete (18A) Fri-Thu 1:25-4:25-7:10-9:50
The Other Guys (14A) Fri-Tue 1:10-3:40-7:35-10:05 Wed 1:10-7:35-10:05 Thu 1:10-3:40-7:35-10:05
Piranha (18A) Fri-Thu 1:45-4:20-7:05-9:55
Resident Evil: Afterlife (18A) Fri 1:05-3:55-6:55-9:30 Sat 1:05-6:55-9:30 Sun-Thu 1:05-3:55-6:55-9:30
Resident Evil: Afterlife 3D (18A) Fri-Thu 12:10-2:40-5:10-7:45-10:30
Salt (PG) Fri-Wed 1:35-4:15-6:35-9 Thu 1:35-4:15-9:15
Scott Pilgrim vs. the World (PG) Fri-Thu 6:40-9:20
Step Up 3D (PG) Fri-Tue 1:20-4-6:45-9:25 Wed 1:20-4-9:25 Thu 1:20-4-6:45-9:25
Takers (14A) Fri-Thu 12:40-3:50

ORLEANS

EMPIRE THEATRES ORLEANS 6 CINEMAS
3752 Innes Rd., 613-830-4400

The American (14A) Dolby Stereo Digital Fri-Sun 1:05-3:30-6:30-9 Dolby Stereo Digital Mon 4:05-6:50-9:20 Dolby Stereo Digital Tue 1:05-3:30-6:30-9 Dolby Stereo Digital Wed-Thu 4:05-6:50-9:20
Despicable Me (PG) Dolby Stereo Digital Fri-Sun 12:45-3:15 Dolby Stereo Digital Mon 3:45 Dolby Stereo Digital Tue 12:45-3:15 Dolby Stereo Digital Wed-Thu 3:45
Eat Pray Love (PG) Dolby Stereo Digital Fri-Sun 2:6:20-9:25 Dolby Stereo Digital Mon 3:30-6:30-9:35 Dolby Stereo Digital Tue 2-6:20-9:25 Dolby Stereo Digital Wed-Thu 3:30-6:30-9:35
The Expendables (18A) Dolby Stereo Digital Fri-Sun 1:10-3:45-6:40-9:10 Dolby Stereo Digital Mon 4:10-6:40-9:10 Dolby Stereo Digital Tue 1:10-3:45-6:40-9:10 Dolby Stereo Digital Wed-Thu 4:10-6:40-9:10
Going the Distance (14A) Dolby Stereo Digital, No Passes Fri-Sun 1:25-3:50-6:25-9:15 Dolby Stereo Digital, No Passes Mon 3:55-6:25-9:15 Dolby Stereo Digital, No Passes Tue 1:25-3:50-6:25-9:15 Dolby Stereo Digital, No Passes Wed-Thu 3:55-6:25-9:15
The Last Exorcism (14A) Dolby Stereo Digital Fri-Sun 7:10-9:20 Dolby Stereo Digital Mon 7:10-9:25 Dolby Stereo Digital Tue 7:10-9:20 Dolby Stereo Digital Wed-Thu 7:10-9:25
Machete (18A) Dolby Stereo Digital Fri-Sun 1:30-4:10-7:15-9:45 Dolby Stereo Digital Mon 4:15-7:15-9:45 Dolby Stereo Digital Tue 1:30-4:10-7:15-9:45 Dolby Stereo Digital Wed-Thu 4:15-7:15-9:45
Nanny McPhee Returns (G) Dolby Stereo Digital Fri-Sun 12:50-3:25 Dolby Stereo Digital Mon 3:35 Dolby Stereo Digital Tue 12:50-3:25 Dolby Stereo Digital Wed-Thu 3:35
The Other Guys (14A) Dolby Stereo Digital Fri-Sun 1:15-4:7:20-9:50 Dolby Stereo Digital Mon 3:50-6:30-9 Dolby Stereo Digital Tue 1:15-4:7:20-9:50 Dolby Stereo Digital Wed-Thu 3:50-6:30-9
Resident Evil: Afterlife 3D (18A) Dolby Stereo Digital Fri-Sun 1:20-4:15-7-9:30 Dolby Stereo Digital Mon 4-7-9:30 Dolby Stereo Digital Tue 1:20-4:15-7-9:30 Dolby Stereo Digital Wed-Thu 4-7-9:30
Takers (14A) Dolby Stereo Digital Fri-Sun 6:50-9:40 Dolby Stereo Digital Tue 6:50-9:40 Dolby Stereo Digital Wed-Thu 7:20-9:40
The Twilight Saga: Eclipse (PG) Dolby Stereo Digital Fri-Sun 12:45-3:40-6:45-9:35 Dolby Stereo Digital Mon 3:40-6:45-9:35 Dolby Stereo Digital Tue 12:45-3:40-6:45-9:35 Dolby Stereo Digital Wed-Thu 3:40-6:45-9:35

KANATA

KANATA 24
801 Earl Grey Dr., 613-599-1200

The American (14A) Special Engagement Fri-Sun 11:20-12:10-2:10-2:40-4:40-5:10-7:10-7:40-9:40-10:10 Mon-Thu 2:10-2:40-4:40-5:10-7:10-7:40-9:40-10:10
Avatar: Special Edition 3D (PG) Digital, Special Engagement Fri-Sun 10:50-2:35-6:05-9:35 Digital, Special Engagement Mon-Thu 2:35-6:05-9:35
Cats & Dogs: The Revenge of Kitty Galore (G) Fri-Sun 11:10-1:35-3:45-5:50-7:55-10:05 Mon-Wed 3:45-5:50-7:55-10:05 Thu 3:45
Despicable Me (PG) Fri-Sun 11:35-2:05-4:40-7:20-9:50 Mon-Thu 2:05-4:40-7:20-9:50
Dinner for Schmucks (14A) Fri-Sun 10:40-1:25-4:10-7:10-9:45 Mon-Thu 4:10-7:10-9:45
Eat Pray Love (PG) Fri-Sun 11:2-1:15-5:35-9 Mon-Thu 2:15-5:35-9 Fri-Sun 11-2:15-5:35-9 Mon-Thu 2:15-5:35-9
The Expendables (18A) Fri-Sun 11:15-2-4:45-7:30-10:05 Mon-Thu 2-4:45-7:30-10:05
Going the Distance (14A) Special Engagement Fri-Sun 11:35-2:10-4:50-7:30-10 Mon-Thu 2:10-4:20-4:50-7-7:30-9:30-10 Special Engagement Fri-Sun 10:50-11:35-1:40-2:10-4:20-4:50-7-7:30-9:30-10 Mon-Thu 2:10-4:50-7:30-10
Inception (PG) Fri-Sun 12:20-3:35-6:45-9:55 Mon-Thu 3:35-6:45-9:55
The Last Exorcism (14A) Fri-Sun 10:40-12:55-3:10-5:25-7:40-9:55 Mon-Wed 3:10-5:25-7:40-9:55 Thu 3:10
Machete (18A) Special Engagement Fri-Sun 11:45-2:30-5:10-7:50-10:25 Mon-Thu 2:30-5:10-7:50-10:25
Nanny McPhee Returns (G) Fri-Sun 11:15-1:50-4:30-7:05-9:40 Mon-Thu 2-4:30-7:05-9:40
The Other Guys (14A) Fri-Sun 11:05-1:45-4:35-7:35-10:10 Mon-Thu 4:35-7:35-10:10
Piranha 3D (18A) Special Engagement Fri-Thu 7:05-9:35
Resident Evil: Afterlife 3D (18A) Digital, Special Engagement Fri-Sun 11-1:45-4:30-7-9:30 Digital, Special Engagement Mon-Thu 2:05-4:30-7-9:30
Salt (PG) Fri-Sun 10:45-1:20-4:15-7:15-9:45 Mon-Thu 4:15-7:15-9:45
Scott Pilgrim vs. the World (PG) Fri-Sun 10:35-1:35-4:30-7:25-10:20 Mon-Thu 4:30-7:25-10:20
The Switch (PG) Fri-Sun 11:30-2:05-4:25-6:55-9:20 Mon-Thu 2:05-4:25-6:55-9:20
Takers (14A) Fri-Sun 11:55-2:30-5:05-7:45-10:15 Mon-Thu 2:30-5:05-7:45-10:15
Toy Story 3 (G) Fri-Sun 11:25-2-4:35-7:20-9:50 Mon-Thu 2-4:35-7:20-9:50
Toy Story 3 3D (G) Digital, Special Engagement Fri-Sun 10:55-1:30-4:05 Digital, Special Engagement Mon-Thu 4:05
The Twilight Saga: Eclipse (PG) Fri-Sun 10:30-1:20-4:10-7:15-10:15 Mon-Thu 4:10-7:15-10:15
Vampires Suck (PG) Fri-Sun 11:05-1:15-3:25-5:35-7:45-10 Mon-Wed 3:25-5:35-7:45-10 Thu 3:25

ROGERS, MAPLE PICTURES AND METRO WANT TO SEND YOU ON A KILLER VACATION TO FRANCE!

Contest Closes September 26th, 2010. Open to residents of Halifax, Ottawa, Toronto, Calgary, Edmonton and Vancouver areas who are over age of majority. To enter: log in to your account at www.clubmetro.com. Prizes to win: 1 Grand Prize consisting of: round trip economy airfare for 2 to the French Riviera and moderate hotel accommodation in a double occupancy room. Approximately retail value $5,000. Or, 1 Secondary Prize consisting of 1 copy of The Killers on Blu-ray with an approximate retail value of $39.95. One entry/person. Odds of winning depend on number of eligible entries received. Mathematical skill-testing question to be correctly answered to win. No Purchase Necessary. Entry form and Full Rules at www.clubmetro.com.

7th heaven

Prince of Persia: The Sands of Time

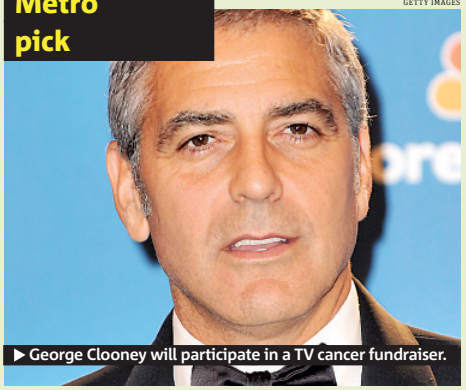
DVD
Jake Gyllenhaal's sword-and-sandal film adaption of the popular video game hits store shelves on Tuesday. Bonuses on the Prince of Persia: The Sands of Time DVD include An Unseen World: Making Prince Of Persia, while the Blu-ray allows you to take control of a magic dagger and unlock the secrets to some of the action scenes and special effects.

X-Factor

SINGING
What a week on the British TV show. A nervous-but-talented Cher Lloyd wowed judges — including Simon Cowell — with her rendition of Turn My Swag On. Meanwhile, it was a fight that erupted between duo Ablisa (A.K.A. Abby and Lisa) after their less than stellar performance. Visit metronews.ca/scene to see both auditions.

Metro pick

GETTY IMAGES



▶ George Clooney will participate in a TV cancer fundraiser.

Stand Up To Cancer

Benefit
The stars have aligned for another TV fundraiser, this time for cancer. The benefit, which will air on all major Canadian and U.S. networks on Friday night, will feature George Clooney, Will Smith, Renee Zellweger and others in a bid to raise funds for cancer research. METRO

Willow Smith

Celeb
Look's like there's a new princess on the block. Willow Smith, the nine-year-old daughter of Will and Jada Pinkett Smith has a has signed a deal with Jay-Z's label, Roc Nation. The Associated Press reports. Her first song was released this week. It's called Whip My Hair.

Gals as guys

MOVIES
Angelina Jolie's turn as a man in her new film Salt had The Telegraph in the U.K. taking a look at women-turned-men film roles. The fun includes Drew Barrymore and Cameron Diaz in Charlie's Angels, Hilary Swank in Boys Don't Cry, Cate Blanchett as Bob Dylan in I'm Not There, and Julie Andrew in Victor Victoria.

▶ The judges on America's Got Talent.

America's Got Talent

TV
Someone is about to be $1 million richer. After a season that included actress Gabourey Sidibe's mom as a contestant, America's Got Talent is set to announce its winner next week. Those in the running for the prize are 30-year-old crooner Michael Grimm, over-the-top 32-year-old showman John "Prince Poppycock" Quale, 10-year-old opera phenom Jackie Evancho and the 13-man performance troupe Fighting Gravity.

OMD! OMG

MUSIC
After a decade-and-a-half without new material, Orchestral Manoeuvres in the Dark (OMD) is releasing a new album on Sept. 28. The synth-pop pioneers, who appeared on the soundtracks to a number of '80s films, have sold millions of records of their previous albums. METRO

Mix of Six

Trade show

Ottawa Wedding Show
This free show features fashion shows, booths by Ottawa's leading wedding suppliers, wedding planning seminars, a super gown sale, prizes, freebies and more.
Saturday and Sunday, 10 a.m. to 5 p.m., Lansdowne Park.

Charity

22nd Annual IAMS Wiggle Waggle Walkathon
The walkathon has a new location, the National Capital Commission property at Riverside Drive. People of all ages and physical abilities and their pets are invited to walk 2 km or 5 km and raise pledges to help the animals at the Ottawa Humane Society.
Other features include a family fun zone, marketplace, dog agility area, a BBQ lunch and contests.
Sunday, 10 a.m., Riverside Drive across from RA Centre.

Family

Ottawa Plane Bull
Watch as teams of 25 pull a 82,500-kilogram FedEx A300. The family-friendly event also includes a display of Vintage Wings of Canada aircraft, a balloon artist, craft table, inflatable play structures, face painting and Ottawa Cruise Night classic cars.
Saturday, 10 a.m. to 4 p.m., Ottawa International Airport

Fundraiser

Winners Walk of Hope
September is Ovarian Cancer Awareness month and Ovarian Cancer Canada is hosting its annual non-competitive 5 km, Winners Walk of Hope in 14 cities across Canada to raise funds to fight Ovarian Cancer.
Sunday, 9 a.m., Mooney's Bay Park

Pets

Take The Plunge Ottawa
A pet and family fun day being organized to benefit eight animal rescue groups.
The event features the 1000 Island Dock Dogs along with games, demos, vendors and a silent auction.
Saturday and Sunday, Rideau Carleton Raceway

Race

The Inaugural Underwear Affair
This weekend, hundreds of dedicated men and women will strip down to raise critical awareness for the Ottawa Regional Cancer Foundation and fight cancers below the waist.
From outrageous costumes to tightie whities, this cheeky 5 km walk/10 km race will lift taboos surrounding prostate, colorectal, ovarian, testicular, bladder, cervical, and uterine cancers, and finance research.
Saturday, 5 p.m., Marion Dewar Plaza

Underwood not quitting her day job

Country superstar makes her acting debut in the upcoming movie Soul Surfer But she says she has no plans to carry through with a movie any time soon

Carrie Underwood thought she'd walk away from her first movie role vowing to stick to her day job.

But after a recent screening of the upcoming movie Soul Surfer, Underwood found she wasn't as bad as she'd thought.

"I really liked how everything turned out, including myself," Underwood said in an interview Tuesday. "I was really expecting the worst from myself, and I really surprised myself."

The Grammy-winning country superstar plays a youth counsellor in the film, which is based on the story of Bethany Hamilton, who lost her arm in a shark attack.

"It's definitely an uplifting movie," said Underwood.

Although she gives herself good marks for her work on the film, Underwood said she's not ready to carry a movie just yet.

"There are people that are absolutely amazing actors and actresses, and I am not one of those, though who's to say one day; you never know," she said. "But I'm definitely new at this ... and I love my music; my first love."

"I'm definitely new at this ... and I love my music; my first love." CARRIE UNDERWOOD

The second stage of her Play On tour starts Sept. 25 in Portland, Ore., sponsored by Olay. She just became their first North American spokeswoman

It will be Underwood's first tour since her summer wedding to professional hockey player Mike Fisher.

"It's kind of like my season, my tour, starts the same time his season does. It will definitely be a challenge, but we love each other and we love what we do, so there's no reason we can't have it all," she said. "Next year will be an easier year for me. As soon as my tour is over, I'll be hanging out with him more."

Underwood will host the Country Music Association Awards in Nashville, Tenn., on Nov. 10 with Brad Paisley.

While she's nominated for female vocalist and album of the year for Play On, some fans wanted her to get a nomination for entertainer of the year, the show's highest honour.

"I'd like to see that, too," she laughed. The 27-year-old isn't upset about being excluded.

"Every year, it's about celebrating a great year in country music because every year it just gets better and stronger," she said. "I'm excited about my nominations and I think it's going to be a good night for a lot of people."

THE ASSOCIATED PRESS

Line-up subject to change.

New network offers right view: Grammer

Kelsey Grammer is an investor and public face supporting a network that launched yesterday with entertainment designed to appeal to conservatives.

RightNetwork, whose first series, Running, follows the fortunes of some Tea Party-backed candidates for public office, is also trying a new model to establish itself. It is initially making programming available through video-on-demand services, the Internet and through mobile phones, bypassing the approach of a traditional television network with a spot on channel lineups.

Investors hope the support of a conservative audience that has made Fox News Channel and radio hosts like Rush Limbaugh successful could also work for entertainment programming, said network president Kevin McFeeley. "We feel the precedent has been set," he said.

Grammer, the Emmy-winning star of Frasier, said the network represented a desire by him and some political friends "to stop allowing people who hate us to define us."

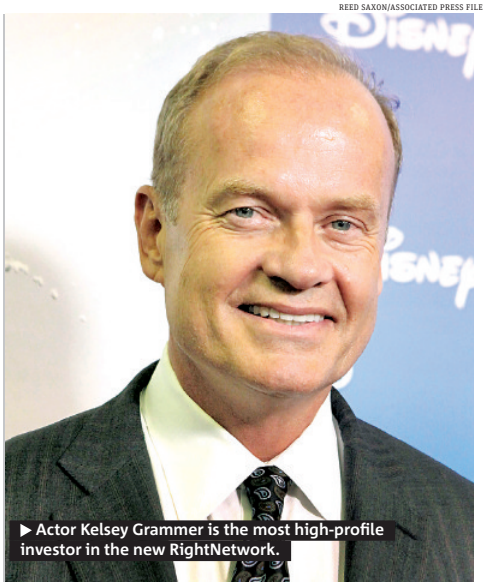
"If you have NBC, ABC, you have entire networks flooded with a very particular point of view," he said. "They won't admit it, but it's clearly the way it is. There's plenty of room for us."

In the works is a sitcom called Moving Numbers, about quirky political consultants trying to elect a candidate to the U.S. Senate. "We're not out to vilify or accuse or identify anybody as an enemy," Grammer said. "We're out there to encourage people to open their minds and take a look at some things that we believe is the right direction for the country."

While Grammer narrates a programming highlight reel available on RightNetwork's website, he hasn't participated as an actor or producer in any of the network's programming.

THE ASSOCIATED PRESS

REED SAXON/ASSOCIATED PRESS FILE



▶ Actor Kelsey Grammer is the most high-profile investor in the new RightNetwork.

TV picks

Standing up to Cancer

TELETHON. Celebrities including George Clooney, Gwyneth Paltrow and Will Smith will Stand Up to Cancer tonight in this one-hour fundraising special. Actors, musicians, athletes and journalists band together to raise money for innovative cancer research. Look for appearances from Renee Zellweger, Lance Armstrong, Jane Lynch, The Simpsons, The Edge and Neil Diamond.
THE ASSOCIATED PRESS

▶ **Stand up to Cancer.** Fundraising special. **CBC, Citytv, CTV, Global, ABC, CBS, NBC, Fox.**

Sherlock Holmes returns

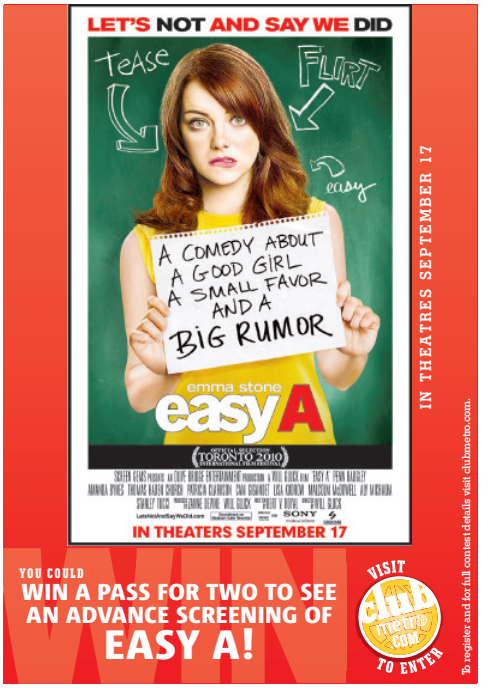
MINISERIES. The three-part British miniseries, Sherlock offers a modernized take on the Arthur Conan Doyle classic, with Benedict Cumberbatch and Martin Freeman of The Office as the detective and his sidekick, Watson. Each two-hour instalment features the intrepid duo navigating a maze of cryptic clues to get at the truth. THE ASSOCIATED PRESS

▶ **Sherlock.** Miniseries. **Showcase.**

Of dragons and Camelot

FANTASY. The medieval fantasy Merlin returns Saturday with a second season of new villains and monsters. This time, Merlin faces a formidable opponent when an ancient evil buried beneath Camelot wakes to destroy the kingdom. The young warlock will be forced to question whose side he's on and make a promise to The Great Dragon he may live to regret.
THE ASSOCIATED PRESS

▶ **Merlin.** Fantasy. **Space.**



CROSSTOWN TRAFFIC
BOOKS
PIPES
DVDs

2 LOCATIONS:
593 Bank St.
in the Glebe
613-234-1210
396 Athlone Ave.
in Westboro
613-728-4800

U.S. troops honoured by Colbert

Comedy Central host celebrates soldiers returning from Iraq with special show Guests include Joe Biden and U.S. military commander

▶ Stephen Colbert pats a U.S. army tank during the opening of The Colbert Report's special show celebrating the return of U.S. troops from Iraq, Sept. 8, 2010.

A hot dog vending cart was wheeled back and forth. Cocktail waitresses hurried past with trays full of beer. Vice-President Joe Biden led New York Yankees great Yogi Berra by the arm.

Such was the bizarre, red-white-and-blue circus backstage at comedian Stephen Colbert's celebration of U.S. troops' return from Iraq.

The Comedy Central host Stephen Colbert pulled out all the stops for the first part of his two-episode special on Wednesday, Been There: Won That: The Returnification of the American-Do Troopscape.

It was a somewhat rare show of exultation to what President Barack Obama has called the end of combat operations in Iraq.

On the whole, politics were kept out of the show. "I'm not going to debate this war," said Colbert, in mock pundit character. "It's been seven years. Who can remember who invaded who?" Instead he declared: "Tonight is for the troops."

The studio audience was packed with active troops and veterans, whom Colbert lavished with hot dogs, beer and ice cream.

Biden played the part of hot dog vendor, while Gen. Ray Odierno, the outgoing U.S. military commander in Iraq, donned a toupee of Colbert's hair.

Colbert opened the show atop a tank, which rolled down the street outside the Manhattan studio, while he pretended to shoot the letter C on a nearby building with the tank's guns.

Colbert may parody conservatives, but his support of the men and women in the military is unwavering. He has raised thousands of dollars for injured service members and their families.

Live satellite feeds to troops in Iraq and Afghanistan were piped in as well.

THE ASSOCIATED PRESS

50,000 troops remain in Iraq where local forces have a tenuous hold on security.

MEMBERS GET

NO FIXED-TERM CONTRACTS.

Put any of these hot phones on the new Virgin Mobile SuperTab™.

WHAT MAKES THE VIRGIN MOBILE SUPERTAB™ SO SUPER?

- Pay off your Virgin Mobile SuperTab™ just by using your phone.
- No commitment! Pay off your balance and leave anytime you want.
- VIP access to concerts and exclusive parties, plus constant freebies.
- Get it all on the speediest network.

EXCLUSIVE

SAMSUNG GRAVITY™ 3

$29.99

ANDROID™ Powered

HTC Legend™

$99.99

NEW

SAMSUNG GRAVITY™ TOUCH

$49.99

NEW

BlackBerry Curve 3G™

$49.99

Virgin mobile

IT'S BETTER TO BE A MEMBER

Remember, you can also get all of these phones on a 3-year agreement. Visit a Virgin Mobile Retailer or check virginmobile.ca for more details.

Some phone models and colours may not be available at retailers.

THE SOURCE · FUTURE SHOP · Walmart · BEST BUY · WIRELESSWAVE LOVE THE PHONE · booth · WIRELESS etc... · COSTCO WHOLESALE

For the full details go to virginmobile.ca Taxes extra. Retailers may sell for less. "Virgin Mobile" and the Virgin Mobile logo are trade-marks of Virgin Enterprises Ltd. and used under license by Virgin Mobile Canada. All other trademarks are the property of their respective owners and used with permission. BlackBerry® and related trademarks, names, and logos are the property of Research In Motion limited and are registered and/or used in the U.S. and countries around the world. With compatible HSPA/HSPA+ devices. Based on comparison of national networks and tests of average upload and download speeds, on the shared HSPA/HSPA+ network available from Bell, vs. Rogers' HSPA/HSPA+ network in large urban centres across Canada. Excludes roaming partners' HSPA and GSM/Edge coverage in certain parts of Manitoba and Saskatchewan. Speed may vary due to topography, environmental conditions, device type and other factors. HSPA/HSPA+ not available in all areas. virginmobile.ca/speed

WORLD DRAUGHT MASTERS
LONDON, UK - 28 OCTOBER 2010

PARTY† TAP-SIDE AS HISTORY IS MADE.

If you're going to party, why not party in the presence of greatness? This September 18 join us, as Ottawa's preeminent pourers will meet to determine who is the best of the best when it comes to pouring a flawless pint of Stella Artois. Come raise a chalice and cheer them on as they compete to represent Ottawa at the National Finals in Toronto.

The 2010 Stella Artois Canadian Draught Masters Regional Finals
September 18, 2010, at 7:00 p.m.
Lago at Dows Lake Pavilion, Ottawa

Visit ClubStellaArtois.com to learn more.

†Event subject to change. See ClubStellaArtois.com for up-to-date listings. Entrance subject to capacity. Must be legal drinking age to enter. TM/MC InBev NV/SA.

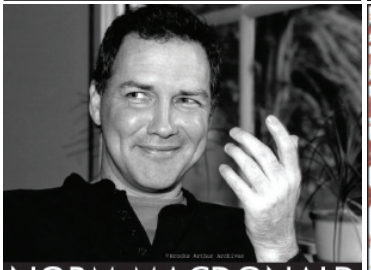
GETTY IMAGES

▶ Britney Spears' former bodyguard claimed in his lawsuit that the singer repeatedly exposed herself to him and made other unwanted sexual advances.

SPECTRA SONIC PRESENTS
PUNK OTTAWA TICKETWEB ticketmaster VERTIGO RECORDS

FRIDAY SEPTEMBER 10
CAPITAL MUSIC HALL
AA/19+

MONDAY SEPTEMBER 13
BRONSON CENTRE THEATRE
AA



NORM MACDONALD
WITH KEVIN FARLEY
THURSDAY SEPTEMBER 23
BRONSON CENTRE THEATRE
AA

WITH THE BEAUTIES
FRIDAY NOVEMBER 19
MAVERICKS
19+

09/13 - NACHTMYSTIUM, ZOROASTER @ MAVERICKS • 09/14 - BLIND WITNESS @ MAVERICKS • 09/17 - SUBHUMANS @ MAVERICKS
09/20 - DAVID BAZAN @ MAVERICKS • 09/23 - WINTER GLOVES @ MAVERICKS • 09/24 - COMEBACK KID @ RITUAL • 09/26 - ANTI-FLAG @ RITUAL • 09/27 - MURDER BY DEATH @ MAVERICKS • 09/28 - VILLAGERS @ MAVERICKS • 10/01 - LIARS, WOMEN @ RITUAL

FOLLOW SPECTRASONIC ON twitter AND facebook WWW.SPECTRASONIC.COM FOR A FULL LIST OF SHOWS

ALL DATES, ACTS, VENUES & TICKET PRICES SUBJECT TO CHANGE WITHOUT NOTICE • A SERVICE CHARGE IS ADDED TO EACH TICKET
AA = ALL AGES • 19+ = LICENCED, PHOTO I.D. REQUIRED • TICKETS AVAILABLE AT VERTIGO RECORDS (193 RIDEAU), OTTAWA FOLKLORE CENTRE (1111 BANK), TICKETWEB.CA AND TICKETMASTER (BRONSON CENTRE / CAPITAL MUSIC HALL / CIVIC CENTRE SHOWS)

Spears fights abuse claims

Pop singer denies allegations of harassment, abuse by bodyguard Expects suit to be dismissed

Britney Spears denied a bodyguard's accusations that she sexually harassed him and abused her children, saying Thursday in a statement on her website that authorities looked into his claims but found no reason to act.

The statement said the pop singer and her attorney expect Fernando Flores' sexual harassment and intentional infliction of emotional distress lawsuit to be dismissed.

"This lawsuit is another unfortunate situation where someone is trying to take advantage of the Spears family and make a name for himself," the statement read. "The Department of Children and Family Services conducted a proper investigation surrounding Mr. Flores' accusations and have closed the case without further action."

Spears did not say when the investigation was conducted and the department doesn't release details of its inquiries.

Flores claimed in his lawsuit that Spears repeatedly exposed herself to him and made other unwanted sexual advances. He also claimed she used his belt to discipline her young sons, Sean Preston and Jayden James, and acted inappropriately in front of them.

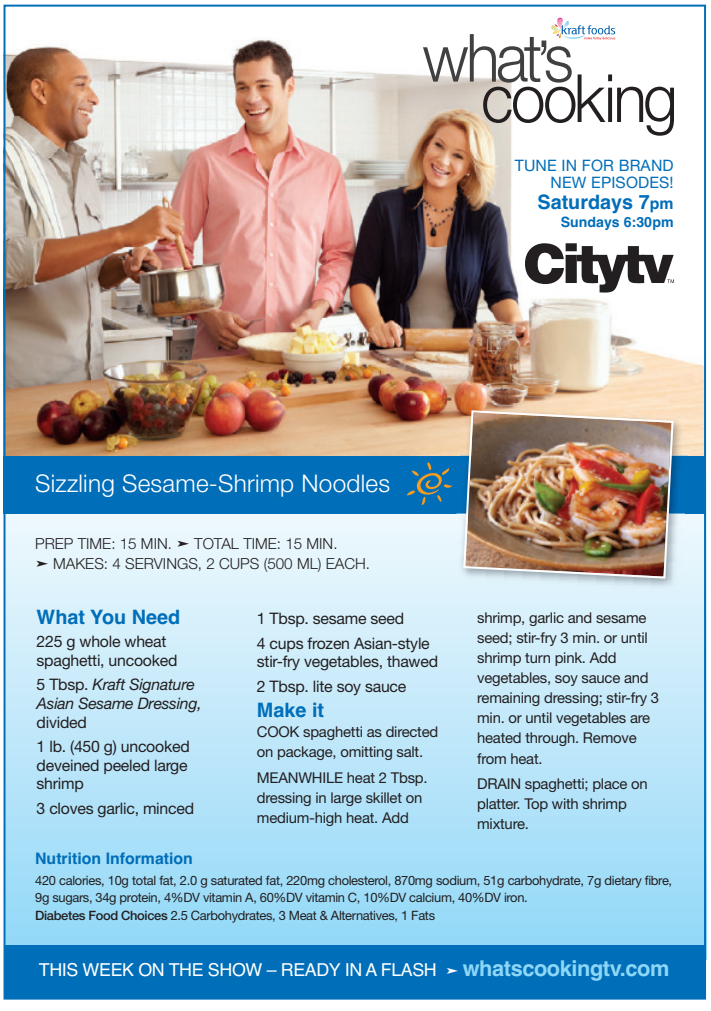
The bodyguard's employment with Spears appeared to be brief — his court filings state he started working for her in February, and by June he was no longer on her security detail.

Flores also sued his former employer, Advanced Security Concepts Corp. A woman who answered the company's phone Wednesday declined to comment and refused to be identified.

Flores is seeking unspecified damages.

Spears' ex-husband, Kevin Federline, has also denied through his attorney that any abuse occurred and called Flores' accusations "baseless."

THE ASSOCIATED PRESS



Music videos make a comeback on the Web

Music blogs and social media help spread word about innovative videos

INTERSCOPE RECORDS/HEDI SILMANE/ASSOCIATED PRESS

▶ Lady Gaga, pictured, and Beyonce go on a scantily clad murderous rampage with the nearly 10-minute Telephone.

It wasn't long ago that the music video was on life support.

MTV — which will hold its 27th annual Video Music Awards on Sunday — phased out videos in favour of reality programming and other shows that attracted better ratings. At the same time, the music industry was collapsing and slashed budgets no longer had room for elaborate clips.

But recently, the music video has had a revival. Watching music videos has become a central aspect of Internet usage. Music blogs and social media have greased the channels, facilitating the quick, easy spreading of videos, especially those with arresting or controversial visuals. People even buy clips on iTunes.

Lady Gaga and Beyonce go on a scantily clad murderous rampage with the nearly 10-minute Telephone; MGMT wanders through the desert with a digitally created creature in Congratulation"; Erykah Badu strips while strolling the path of President John Kennedy assassination in Window Seat; MIA depicts a war on terror against redheads in Born Free.

All of these videos exploded on the Internet and became water-cooler moments. Cee Lo's recent and unprintable hit (titled Forget You for radio) went viral with a video of only its lyrics. And Beyonce's Single Ladies (Put A Ring On It) became so iconic is spawned countless imitators and even had then President-elect Barack Obama imitating the hand choreography.

"We're entering another golden era for music videos," says Saul Austerlitz, the author of "Money for Nothing: A History of the Music Video from the Beatles to the White Stripes."

"They've become part of the cultural discourse again in a way that's reminiscent of the heyday of the music video, from the early '80s to the mid '90s."

Today's audiences can be enormous. Shakira, who last year debuted a music video on Facebook, was "blown away" when her video for the official song of the World Cup, Waka Waka (This One's for Africa) — a colorful mix of dancing and soccer star cameos — was nearing 100 million views on YouTube.

"It can take on a life of its own online," says Shakira. "And it inspires us artists to be even more creative. With access to so many videos, we need to challenge ourselves to surprise our fans."

The video, which was distributed by the music video and live music website Vevo, has gone on to be watched by more than 173 million people, good enough for the fourth most-viewed video ever on YouTube.

In fact, four of the five most-viewed clips on YouTube are music videos released in the last year.

"If it wasn't for YouTube, the online video space would not be where it is today," says David Kohl, executive vice-president of sales and customer operations at the Sony and Universal co-owned Vevo. At the centre of music video's earlier, headier times was Hype Williams, who — often with his trademark fisheye lens — created much of the iconography of hip-hop. Several of his videos are typically considered among the form's best, like Missy Elliott's The Rain (Supa Dupa Fly) and Busta Rhymes Put Your Hands Where My Eyes Could See.

But he grew disillusioned with the commercialization of music videos and the recycling of imagery. Williams was coaxed back into music video by Kanye West and has remained active, including recently directing the Jay-Z's Empire State of Mind, watched by nearly 60 million and nominated for three VMAs.

"It's a different time," says Williams. "It's an opportunity to find it all over again. I didn't really think that was possible until recently, seeing things like this Arcade Fire clip. It shows you that it can be more."

The Arcade Fire video is titled The Wilderness Downtown and set to the band's song We Used to Wait. It's a new kind of video, a kind particularly suited to the medium of the Web. "It speaks volumes about where music video is going," says Williams. "It's a young man's game."

THE ASSOCIATED PRESS

National Gallery of Canada | Musée des beaux-arts du Canada
380 Sussex Drive, Ottawa 613-990-1985
Ottawa Citizen LeDroit CBC Radio-Canada Canada
Organized by Tate Modern, London, in association with the National Gallery of Canada. Jeff Koons, *Rabbit*, 1986. MCA, Chicago. Partial gift of Stefan T. Edlis and H. Gael Neeson. © Jeff Koons. Photo: The Eli and Edythe L. Broad Collection, Los Angeles. Douglas M. Parker Studio, Los Angeles.

Sound Check

ALAN CROSS
SCENE@METRONEWS.CA

STRONG RELEASES ON FALL SCHEDULE

With CD sales lagging behind last year by at least 12 per cent, the music industry is hoping that a parade of big-name releases will mitigate some of the damage. The fourth quarter is always make-or-break time. Here's some of what we can expect this month:

Interpol/Interpol (Out now): Dark hipster band from New York releases their fourth album and loses bass player Carlos Dengler. No one is saying why.

Stone Sour/Audio Secrecy (Out now): Slipknot frontman Corey Taylor reconvenes his original band (he was in Stone Sour for five years before joined Slipknot) to record a third album. And given that Slipknot's future is still in doubt after the death of bass player Paul Gray, this may become Corey's full-time gig.

Bachman & Turner/Bachman & Turner (Out now): BTO in everything but name. I saw them perform at the High Voltage Festival in the UK back in July. They still got it. Fred Turner's still got that growl.

Brandon Flowers/Flamingo (Tuesday): While the rest of the Killers are feeling burned out after five years of constant work, their singer seems content to keep on keeping on. Production credits include Brendan O'Brien and Daniel Lanois.

Linkin Park/A Thousand Sun (Tuesday): This is just the band's fourth proper studio album since 1996 and is once again a co-production between Mike Shinoda and guru Rick Rubin. The last record, Minutes to Midnight, went platinum in 16 countries and gold in seven others. Their label, Warner, has a lot riding on this one.

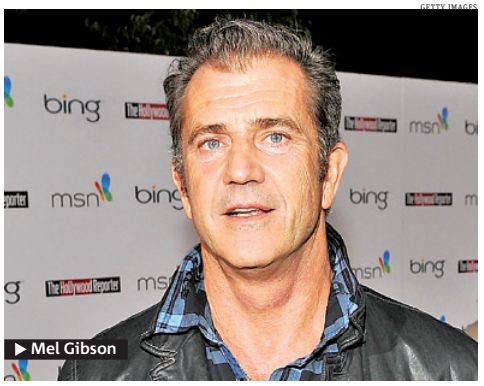
Weezer/Hurley (Tuesday): Since their Ratitude album came out last November, Weezer has been touring, releasing special tracks and recording new material. Hurley—yes, it's named after the Lost character (the cover is a picture of actor Jorge Garcia)—will be the second studio album from Weezer in just 315 days.

Robert Plant/Band of Joy (Tuesday): Plant and drummer John Bonhan were in a group called Band of Joy before they were recruited by Jimmy Page for Led Zeppelin. The name was resurrected with Plant out front from 1977 with only one other original member.

Investigation moves ahead in Gibson case

Assault and blackmail cases in hands of L.A. district attorney: Source

GETTY IMAGES



▶ Mel Gibson

Mel Gibson's blackmail case against ex-girlfriend Oksana Grigorieva is moving forward along with her case claiming he assaulted her, according to Radar Online.

"The Oksana Grigorieva investigation was turned over to the Los Angeles District Attorney around the same time that Mel Gibson's case was turned over," a source says.

"A decision will then be made about what charges, if any, will be filed. That will take place within the next two-three weeks, pending possible further inquiries that the District Attorney's office has for law enforcement or other witnesses." METRO

"A decision will then be made about what charges, if any, will be filed. That will take place within the next two-three weeks."
L.A. SOURCE

Lily expecting a boy

Lily Allen and Sam Cooper are looking forward to the birth of their first child, expected in February, and now pals of the singer are saying it's going to be a boy.

"Lily said she found out from a scan she is having a boy. She is really excited and can't wait to give birth," a source tells the Sun.

"She is always asking other mums about their pregnancies."

As for Allen, she says she's been having a tough time adjusting to being pregnant and it's starting to wear on her.

"The past few months have been a bit tough because I've been sick and stuff, but now everything's fine, because I've discovered soups are the cure to my morning sickness," she tells the Daily Mirror.

Allen found out in June that she was carrying Cooper's child. METRO

"The past few months have been a bit tough because I've been sick and stuff, but now everything's fine, because I've discovered soups are the cure to my morning sickness"
LILY ALLEN

GETTY IMAGES

▶ Lily Allen and Sam Cooper

▶ Michael Douglas

Douglas really enjoying his life

Michael Douglas is taking his battle with throat cancer in stride, and he credits his love of sports for his good spirits, saying that cancer "couldn't have picked a better time" at a press conference for Wall Street: Money Never Sleeps.

"Tennis has never been better, college football just started and it's been a great weekend of college football," Douglas says of his current time.

"I've got a Monday-night game coming up with the Jets, so sports looks really good." METRO

Talking points

Susan Boyle reduced to tears

SHE IS ALSO, APPARENTLY, BEEN REDUCED TO APPEARING ON SPIN OFF SHOWS Susan Boyle reportedly fled Los Angeles in tears after being denied permission by Lou Reed to perform his song, a Perfect Day, on America's Got Talent, according to TMZ.

Sources say Reed turned down the request because he isn't a fan of Boyle.

When the British singer got word, she broke down crying and was soon seen heading to LAX to get a flight back to London. METRO

Bring on the couch jumping

BUT DO WE REALLY NEED TO HEAR ANOTHER CELEB POUR THEIR HEART OUT ABOUT AN EXPENSIVE DRUG ADDICTION? Lindsay Lohan was expected to tape her first post-rehab interview for the Today show, but sources say the troubled actress is now in talks with Oprah Winfrey to appear on her show instead.

"Things are heating up in a good way," a source tells Radar Online.

"Definitely some good conversations. We're crossing our fingers it works out for Oprah's last season."

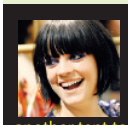
Lohan's people are keeping mum on the topic, saying only, "Several entities are being considered, and no decision has been made and won't be for a while." METRO

Celebrity tweets

Jessica Alba [@jessicaalba] Mornin ya'll already hit the gym eatin gluten free bfast tacos... Anyone else tryin to get healthy? I could use some allies :)

David Archuleta [@DavidArchie] K I want to know who was patient enough to figure out how to fold dollars into shapes of animals and stuff.

Lance Bass [@LanceBass] Mortified! I just ripped a huge hole in my pants bending down to pick up a bag- in front of the whole plane! Fun walk to baggage claim : (


Lily Allen [@lilyroseallen] *looks for another tent to wear*

METRO

3 life

Super Food

Coconuts

Coconuts are one of the most versatile super foods. According to raw food nutritionist Christina Agnew, coconut water is nature's very own sports drink. Low in calories, the water is loaded with electrolytes such as potassium. Agnew's advice is to go for the young green coconuts rather than the brown for their sweeter taste. Coconut oil, or butter, is made up of medium chain fatty acids, and more likely to be used as an energy source than to be stored as fat. Coconut oil is also great for removing make up and moisturizing skin since it has anti-microbial, anti-fungal and anti-bacterial properties.

ROMINA MCGUINESS

Need to bounce back from big workout? Experts say milk better than sports drinks. Scan code for news

Iron Chef Michael Symon is a man who likes to think beyond the traditional sesame seed burger bun

THE ASSOCIATED PRESS PHOTO

▶ The Lola Burger from Food Network Iron Chef Michael Symon.

Iron Chef makes some moist burgers

Food Network Iron Chef Michael Symon presents his Lola burger, a super-moist burger made from three grinds of beef and topped with pickled red onions, cheddar cheese and a spicy ketchup — all nestled in a toasted English muffin.

Preparation:

Spicy Ketchup

1. In a 2-l saucepan over medium heat, combine onion, garlic and oil. Saute for about 5 minutes or until just beginning to colour.
2. Add brown sugar, cumin seeds and cinnamon stick. Cook for another 2 minutes.
3. Add both peppers, tomato paste and vinegar. Simmer for 10 minutes, stirring frequently. Add water and return to a simmer.
4. Pour through a mesh strainer to remove any solids. Set aside to cool. Makes 250 ml.

Pickled Red Onions

1. In a small saucepan over high heat, combine water, vinegar, sugar, coriander, peppercorns, red pepper flakes and garlic. Bring to a boil, then reduce heat and simmer for 15 minutes.
2. Arrange sliced onion in a medium bowl. Pour liquid through a mesh strainer and into the bowl of onion slices, discarding solids in strainer.
3. Cover and refrigerate for at least 48 hours or (for best results) up to 2 weeks. Makes 125 ml (1/2 cup) pickles.

The Lola Burger

1. If you have trouble finding beef cheek, substitute an equal amount of ground sirloin.
2. In a medium bowl, combine brisket, beef cheek and sirloin. Divide meat into quarters and form into patties. Season with salt and pepper.
3. Heat a grill to medium-high.
4. Place burgers on grill and cook for 3 minutes per side for medium-rare. After flipping, top each burger with a slice of cheese.
5. Place each burger on a muffin half and top with cucumber slices, pickled red onion, an egg, 2 slices of bacon and spicy ketchup. Makes 4 servings.

THE ASSOCIATED PRESS

Ingredients :

Spicy Ketchup

- 30 ml minced yellow onion, minced
- 1 large clove garlic, chopped
- 10 ml canola oil
- 30 ml brown sugar
- 10 ml cumin seeds
- 2.5-cm piece cinnamon stick
- 3 cayenne peppers, minced
- 1 chipotle pepper in adobo sauce
- 1 can tomato paste
- 30 ml cider vinegar
- 250 ml water

Pickled Red Onions

- 125 ml water
- 50 ml white vinegar
- 50 ml sugar
- 5 ml whole coriander seeds
- 5 ml black peppercorns
- 5 ml red pepper flakes
- 1 clove garlic
- 1 large red onion, thinly sliced

The Lola Burger

- If you have trouble finding beef cheek, substitute an equal amount of ground sirloin.
- 250 g ground beef brisket
- 250 g ground beef cheek
- 250 g ground sirloin
- Kosher salt and cracked black pepper, to taste
- 4 thin slices cheddar cheese
- 4 English muffins, toasted
- 1 English cucumber, thinly sliced
- Pickled red onion
- 4 eggs, cooked over-easy
- 8 slices bacon, cooked until crispy
- Spicy ketchup

30 day wedding? Yes, you can

Use these simple tricks from Rich Bride Poor Bride wedding planner Karina Lemke to pull it off

KARINA LEMKE
FOR METRO OTTAWA

I have been a wedding planner for more than a decade. If you're a fan of the wedding reality show Rich Bride Poor Bride you are likely familiar with my work. I typically work with a couple for anywhere from one to two years, helping them plan every aspect of their special day. For the newly engaged, or those who may not be familiar with the process, the average length of a North American engagement is 18 months.

Recently, my fiancée and I planned our wedding. The catch? We had exactly 30 days to do it. By the end of it, I found a beautiful and magical experience need not take over a year and a half to plan.

So, if you just want to get married and don't want the stress and wedding fatigue that a long planning process includes, here are some lessons I learned to help make that process easier.

WHO

Make a list of the absolutely essential people in your life. Typically, parents, siblings and one to four best friends. Leave off distant school friends, work friends and friends of your parents. This is 'wedding triage.'

Call each of them, tell them they are important and get them to commit to a date. When you have that magical date — consider it set in stone and start your planning.

The truth, from experience, is that you will have a far better time with the 40 to 60 people who you adore than with the additional 100 people you are likely not as friendly with, but feel obligated to invite.

WHERE

If your guest list is under 100 you will have limitless options. Don't think about banquet halls, think about gorgeous little restaurants, small inns, art galleries or a garden.

Look for a place that is beautiful as this will cost you less in décor down the road.

WHEN

Forget a weekend date.

Hardly anyone in the wedding business ever works during the week and as a result, you can get an amazing location, an award winning photographer, a celebrity chef for the cake and a terrific band. They may even offer discounted pricing.

ISTOCK

▶ You can have a magical and beautiful wedding without the year-long planning process.

That dress

Limit your search to one or two shops and not more than a dozen dresses. Work with the sales associate to isolate and try only dresses that are in stock (samples are perfect for this) or can be obtained and altered within a 1-2 week time frame.

INVITATIONS

Avoid fancier styles with embellishments or the time consuming process of letterpress. If pushed for time, have an email invitation designed and sent as people can RSVP quickly. The best part is it's free.

The Internet can also be great for short-run invitations if you need to have something in your hands and into the mail box within 10 days. You need to allow an additional 10 days for people to receive and send back.

The RSVP date can be 10 days prior to the event to allow you enough time to give final numbers to your caterer.

PHOTOGRAPHER

Hire the best you can afford — these images will be the memory of your day. Ask the photographer if they will set up an online gallery of their shots or slideshow.

Since some friends may not be able to attend, they can at least have access to these images following the event. If you can afford video, please do.

OFFICIANT

You need not have a city hall wedding, a simple Internet search will yield many spiritual, non-denominational or interfaith officiants who can conduct a wedding ceremony at your choice of location. Price typically runs $200-600.

CAKE

Any local bakery can make a wedding cake. Find some images of cakes you like. Opt for simple and take it in. They will typically be less expensive than using a fashionable wedding cake artist. Resist the urge to make your own — they always wilt or fall and are just plain stressful.

MUSIC

Even for a small wedding hire live music for the ceremony. The cost is low, between $250-650. Consider hiring them to play through cocktails or dinner if you want music through the evening, but not necessarily a major dance party.

If you want dancing, use your iPod.

FLOWERS & DÉCOR

You can make more of an impact and alter the appearance of any space with colourful, luxury linen rentals than you ever could with flowers.

Consider renting beautiful linens ($15-35 per table) and going with very simple, in season flowers.

Don't get fancy with the flowers and always remember that you can never have too many candles — they are easy décor and a fabulous DIY project that can be handled on short notice.

Wedding Palace Bridal Show
GREAT WEDDINGS START HERE...
PRESENTING SPONSOR
JUBILEE FINE JEWELLERS
OVER 160 BRIDAL MERCHANTS
TO HELP YOU PLAN YOUR SPECIAL DAY
THE WESTIN OTTAWA
January 15TH & 16TH, 2011
11:00AM to 5:00PM
FOR MORE INFORMATION:
VISIT WWW.WEDDINGPALACE.CA
OR CALL 613-612-5468.
TICKETS CAN BE PURCHASED IN ADVANCE ONLINE
OR AT ALL JUBILEE FINE JEWELLERS LOCATIONS

Giving special gifts to each other

Looking for a non-traditional wedding gift for your spouse? Take a look at these unique ideas to make your day extra special

▶ Restoration Hardware's Toulousse Chaise offers the bride serious feminine charm for the corner of the bedroom.

KARL LOHNES
FOR METRO OTTAWA

Within all the hustle and bustle of planning and executing a wedding, the bride and the groom often forget about purchasing a special gift for each other.

Yes, a lifetime of marital bliss might seem like the ideal gift, but I suggest giving something thoughtful and memorable that caters to each other's personalities. Here's a few suggestions.

Weekend getaways

Since distance makes the heart grow fonder, why not send each other away at the six-month anniversary mark with their best friends!

For her: A girls spa retreat weekend for three of her best gal pals will make her arrive home missing him more, but also looking and feeling fantastic.

For him: Why not a steak dinner, hockey game and a stay-over in a big city hotel with a few buddies? Remember, boys will be boys so rent him a fancy SUV for the weekend.

Specialty kitchen gadgets

Opt for the kitchen appliances that are not normally on the bridal registry.

For her: A fancy commercial-grade ice cream maker. There's nothing better than cuddling up and eating homemade ice cream on movie night.

For him: A countertop espresso maker. He can be a hero every Sunday morning with lattes and croissants served in bed.

Match the band

Take your style of wedding band and match it to another piece of jewelry or a watch.

For her: Maybe a matching bracelet or necklace in a style that is a style reminiscent of her diamond ring.

For him: A matching watch or travel alarm clock that mimics the design style of his wedding band.

Create a cosy corner

Everyone needs time alone so why not set up a private area to read or watch sports for each other?

For her: A chaise lounge, silk pillow and a reading light in the corner of the bedroom.

For him: A reclining chair and remote control organizer for his man-cave.

Tickets

A ticket subscription to local sports or theatre is a great way for a couple to plan evenings out on the town.

For her: Ballet, opera or theater tickets.

For him: Season hockey tickets.

Learn and dine

You bring the wine and I'll bring the food. What a great team a chef and sommelier would make for entertaining at home!

For her: French baking classes

For him: Wine making or sommelier classes.

▶ Cuisinart Commercial Ice Cream Maker.

▶ Crate & Barrel's Cafe Retro Espressione Machine.

▶ Pottery Barn's Manhattan Leather Recliner offers up style and comfort for relaxing or watching TV.

Themes can make weddings fun for everyone

ISTOCK

▶ The most requested wedding theme is medieval.

TIM WIECLAWSKI
@METRONEWS.CA

For the most part, traditional weddings are boring, impersonal, and too long, according Keith Langille.

He should know. Over the past seven years, Keith and Lynne Langille, from Exceptional Ceremonies, have presided over 600 ceremonies in the Ottawa area.

The Langilles prefer not to do the average wedding, where guests sit quietly watching the backs of the bride and groom while a minister speaks in vague terms about love and commitment.

"What we do is different because each script is personalized," said Lynne.

While most ceremonies have traditional elements, they have been doing more and more theme weddings.

"They are becoming more popular, especially for smaller weddings with fewer people," said Lynne.

People choosing alternative ceremonies tend to be looking for something unique, said Christine Houle, manager of Audrey's Costume Castle, which has experienced growing demand for costumes for theme weddings.

"A lot of North American weddings are the same thing being done everyday, especially in the summertime," she said. "It's really them just wanting something that everybody will remember."

Arrg!

The majority of requests for costumes are for medieval-themed weddings, but Christine Houle said the pirate theme is gaining popularity.

- Sometimes a theme could be a simple as focusing on a colour scheme. Lynne has done goth weddings where everything was mostly black.
- This summer Lynne officiated over two theatre-theme ceremonies that were done as plays, where the wedding party was on a stage and the guests were in the audience.

Our Gift to You

One complimentary night for the Bride and Groom in a luxury suite for the pleasure of hosting your wedding reception.

Call for your personal tour of our 20-180 guest banquet facilities.

Choose from our gourmet menus or we'll create something special just for you.

1-800-267-3377

MintoSuiteHotel.com

They've got your back

- Maid of honour and best man supply emotional support
- Roles established centuries ago

TRACEY TONG
@METRONEWS.CA

ISTOCK

▶ The best man and maid of honour are responsible for more than parties. Emotional support for the bride and groom is key.

On the wedding day, they may stand up there with the bride and groom, but like the couple, the best man and the maid of honour go through a lot to be there.

They're responsible for planning the bachelor and bachelorette parties and bridal shower respectively. But there is so much more to their duties than that, said Allison Turner, an Ottawa wedding and event planner and owner of Live, Love, Plan.

"I think they are very important in terms of support," said Turner of the roles.

"There's nothing like a girlfriend's support or a guy coming through for you, throughout the planning process, and then on that day. They're the sounding board for the couple, and take a bit of pressure off of them."

People shouldn't underestimate the role when they agree to take it on, she said.

"I've seen it where people don't live up to the occasion and seen the disappointment."

The roles haven't changed too much over the years despite changes in wedding trends, said Turner.

The maid of honour also helps the bride with dress on her wedding day, and helps with touchups to her hair and makeup.

The best man is responsible for the rings.

One thing that has changed is who stands next to the couple at the altar, said Turner.

"Males are asked to be the 'maid of honour' and females are being asked to stand up on the groom's side as well," she said. "The bride and groom are asking who's closest to them to stand up with them, no matter the gender."

Did you know?

- The average cost of a wedding in Ottawa is $30-40K
- Most Ottawans get married between the ages of 25 and 35.

They want candy

As brides and grooms look to plan their weddings in 2011, they may want to keep an eye out for a number of trends, said wedding and event planner Stacey Price with Marry Me Productions in Ottawa.

Candy dessert bars are becoming big business, not just for favours, but for décor, she said.

These can be anything from homemade candy floss and bite-sized dipped candy apples.

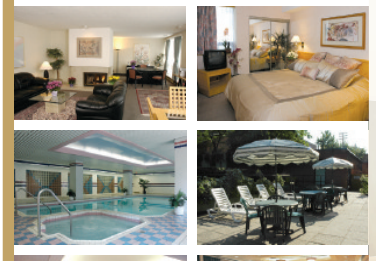
TRACEY TONG

try it

The Ottawa
Wedding Show!
Salon du Mariage d'Ottawa
Lansdowne Park
September 11 & 12
Saturday & Sunday 10-5
FREE ENTRY!
• Ottawa's top wedding suppliers
• Fashion Shows 12:30 & 3:30
• Wedding Planning Seminars 11:30 & 2:30
• Super Gown Sale
• Prizes, freebies & more!
OttawaWeddingShow.com

SuiteDreams.com

Downtown Ottawa



Cartier Place
SUITE HOTEL

- Intimate Weddings are our Specialty
- Deluxe Banquet Facilities
- Outdoor Garden for Weddings
- Romantic Suites with Jacuzzi
- Spacious 1 & 2 Bedroom Family Suites
- Penthouse Hospitality Suite
- Wedding Packages

TRAVELERS' 2008 CHOICE
www.tripadvisor.com
Canada Select ★★★½

Located between the Rideau Canal and trendy Elgin Street

180 Cooper Street
Phone: 613-236-5000
Fax: 613-238-3842
For Reservations:
1-800-236-8399

4 sports

Clemens saga: Jays get involved

The Toronto Blue Jays handed over two boxes of documents to U.S. officials in the steroid investigation of retired pitcher Roger Clemens, who once played for the team, police said Thursday.

Toronto police would not reveal what kind of documents were involved, but said they came from the headquarters of the American League team.

The request came from the U.S. Department of Justice and the team turned over the documents in June, said Det.-Const. Jay Gill, who handled the case.

Team lawyers prepared the documents after police arrived with a court order, he added.

"I basically picked up all the documents that were requested in the court order and I delivered two bankers' boxes to the Crown," Gill said.

The Crown attorney's office then transferred the files to investigators in Washington — the extent of the Toronto force's involvement in the case, police said.

"They are the primary investigators and they just essentially asked us for our assistance and we did," said Const. Tony Vella.

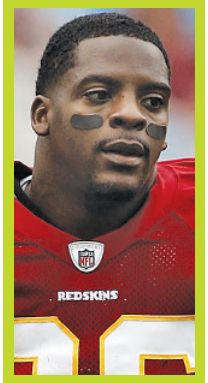
Clemens is accused of lying to U.S. Congress about whether he used performance enhancing drugs.

THE CANADIAN PRESS

DAVID J. PHILLIP/THE CANADIAN PRESS

▶ Roger Clemens pitched for the Blue Jays from 1997-98.

Quoted



"I made it my goal this pre-season to make sure I was never the topic of conversation or headlines about missing practice. I wanted to show my teammates I was dedicated to getting myself right."

CLINTON PORTIS, WASHINGTON REDSKINS

Business as usual for Brady after crash

- Patriots QB unhurt in car wreck
- Participated in afternoon practice

New England Patriots quarterback Tom Brady was in a two-vehicle accident near his home Thursday morning but was unhurt and hours later practised as usual with his team just days before the season opener.

The crash, at an intersection in Boston's Back Bay area, knocked over a light pole and sent a passenger in the minivan that collided with Brady's car to a hospital with injuries that were serious but not considered life-threatening, a police report said.

A witness told The Associated Press the two-time Super Bowl MVP was approaching the intersection on a green light when his black Audi sedan collided with the minivan.

The 21-year-old driver of the Mercury Villager minivan, Ludgero Rodrigues, was cited Thursday for failing to stop at a red light, based on witnesses' statements, police said. Two other people in the minivan were able to exit and had no visible injuries, they said.

The police report, which did not name Brady, said the driver of the Audi had no visible injuries and was evaluated by Emergency Medical Services. It said a 49-year-old passenger had to be freed with the Jaws of Life and was taken to a hospital.

THE ASSOCIATED PRESS

STEPHAN SAVOIA/THE ASSOCIATED PRESS

▶ Patriots QB Tom Brady throws a pass during practice Thursday, just hours after he was involved in a car accident.

Hill solid in debut, but Jays still lose

RANGERS	BLUE JAYS
4	2

Mitch Moreland drove in thee runs with a sacrifice fly and a two-run double and Colby Lewis pitched a solid 6⅓ innings as the Texas Rangers defeated the Toronto Blue Jays 4-2 on Thursday.

The Rangers earned a split in the four-game series despite allowing Jose Bautista to hit his league-leading 44th home run. The Toronto slugger went deep in the bottom of the eighth against Darren O'Day.

Shawn Hill of Georgetown, Ont., had a good showing in his return to the majors. The Blue Jays pitcher allowed three runs, eight hits and two walks in 5⅓ innings.

Lewis (10-12) held Toronto to five hits, two walks and a run.

He was chased shortly after allowing Lyle Overbay to hit his 18th homer of the season to lead off the seventh inning.

Neftali Feliz pitched the ninth for his 35th save.

Hill (0-1) was making his first major-league appearance since April 2009, when he was with the San Diego Padres. He went on to have a second reconstructive elbow surgery — known as Tommy John surgery — and has been working his way up the Blue Jays minor-league system.

He was 6-2 with a 1.61 earned-run average in 11 starts, finishing up at triple-A Las Vegas.

Hill's first major-league victory was against the Blue Jays on July 4, 2004, when he was a member of the Montreal Expos. It was the last game played between the teams. Later that year, he had his first Tommy John surgery.

The Rangers loaded the bases against Hill with none out in the third inning. But he ended potential trouble by striking out Ian Kinsler and getting a double-play grounder from Michael Young.

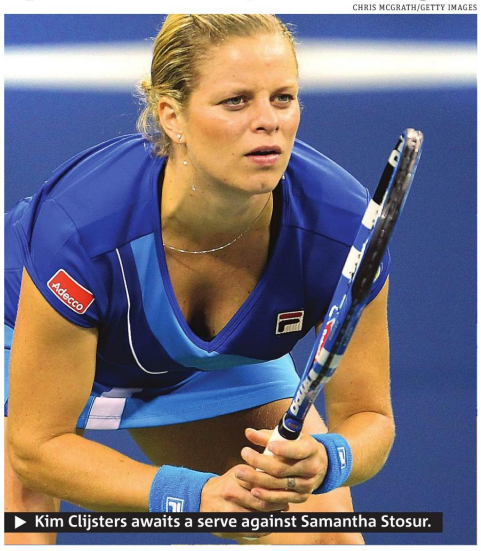
He wasn't so fortunate in the fourth, when the Rangers scored two runs — one unearned — as a result of an error by left-fielder Travis Snider.

THE CANADIAN PRESS

Clijsters set for Venus battle

Ladies will play Friday with the winner moving on to the U.S. Open Finals ◗ Clijsters aiming for second straight title since layoff

CHRIS MCGRATH/GETTY IMAGES



Kim Clijsters awaits a serve against Samantha Stosur.

Whether it's starting a family or starting a business, Kim Clijsters and Venus Williams have figured out how to make life about more than hitting a fuzzy yellow ball.

As for that tennis part — well, things are going pretty well there, too.

In the featured semifinal at the U.S. Open Friday, Clijsters tries to stay on track for her second straight title after a 2 ½-year layoff during which she got married and had a baby girl, Jada.

Not a bad second act.

The 27-year-old Belgian is trying to become the first woman to go back-to-back at Flushing Meadows since Williams did it in 2000-01.

No woman has had a nine-year gap in between titles at the U.S. Open. The fact that Williams has a chance could be proof that diversification in life — she's been both praised and criticized for business interests that keep her away from the court — has kept the seven-time major winner fresh at the "old" age of 30.

There have been injuries mixed in there as well, including a twisted left kneecap that kept her from practising in the lead-up to this year's U.S. Open.

"I think, obviously, the way that she's been playing and the way that she has mentally looked, I think it's maybe even been good for her to have been away for that long," Clijsters said. "Because she looks more hungry than ever."

THE ASSOCIATED PRESS

Youzhny reaches semis

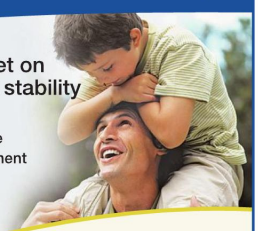
The only other time Mikhail Youzhny reached the U.S. Open semifinals, in 2006, he got there by upsetting Rafael Nadal.

So guess who will be waiting for Youzhny now that he is back in the final four at Flushing Meadows? That's right: Nadal.

The 12th-seeded Youzhny hit fewer aces and fewer winners, needed treatment on his right foot in the fifth set — and still managed to come back and beat 25th-seeded Stanislas Wawrinka of Switzerland 3-6, 7-5 (7), 3-6, 6-3, 6-3 on Thursday.

THE ASSOCIATED PRESS

BDO
www.bdodebthelp.ca



Let BDO help you get on the road to financial stability

- **Avoid** bankruptcy
- **Consolidate** debt into one manageable monthly payment
- **Stop** interest
- **Stop** harassing calls from creditors
- **Protect** your home and car

Financial problems can happen to anyone. We will advise you about all of your options and find the right solution to alleviate your financial stress.

Serving Canadians since 1958

More people choose BDO than any other firm in Canada*

Free Consultation - Convenient, confidential appointments

The Elgar Building
200 Elgin St, Suite 903
613-235-5225
1-800-754-1579

BDO Canada Limited
*OSB Statistics

Trustee in Bankruptcy - Credit Counsellors - Proposal Administrators

MITSUBISHI MOTORS
Drive@earth

0% PURCHASE FINANCING FOR UP TO 72 MONTHS° ON MOST 2010 LANCER MODELS

10 YEAR 160,000 km POWERTRAIN LTD WARRANTY
BEST BACKED CARS IN THE WORLD

Rallye

#1 VOLUME MITSUBISHI DEALER IN OTTAWA-GATINEAU
NEW MITSUBISHI SALES IN 2009.

WELL EQUIPPED FROM $15,998*
PURCHASE PRICE $17,598
BASE PRICE INCLUDES $1000 REBATE, Purchase price includes Freight and PDE, Taxes not included.

WELL EQUIPPED FROM $124†/BI-WEEKLY TAXES INCLUDED
$0 DOWN PAYMENT
†84 months term at 2.8% APR, $0 down payment including freight, PDE & all taxes.OAC.

2011 LANCER SE
- **Fuel efficient 2.0L 152 hp 4-cylinder engine**
- 5-speed manual transmission or CVT
- Power windows, mirrors and keyless entry
- Air conditioning
- 16" alloy wheels
- 7 airbags
- Heated seats
- Bluetooth hands-free phone pre-wiring
- Ground-effects package
- Stability and traction control

Lancer GTS model shown.

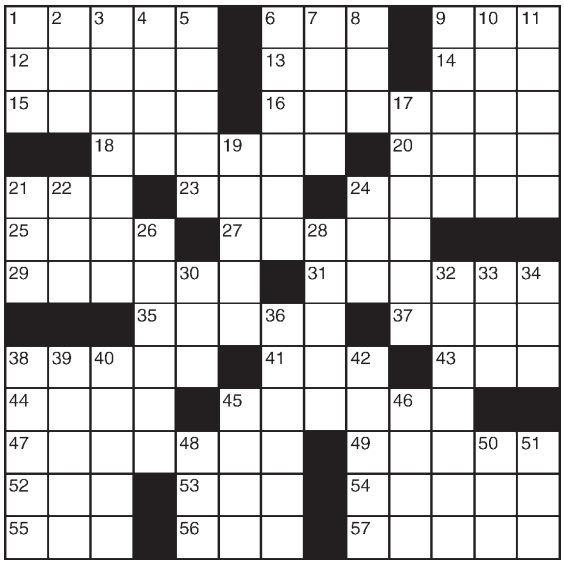
MITSUBISHI MOTORS ADRENALIN DAYS

GET THE SUMMER'S HOTTEST TICKET

RALLYE MITSUBISHI • 1186 BOUL. LA VÉRENDRYE WEST • GATINEAU • RALLYEMITSUBISHI.CA • 819.568.9999

° Offer(s) available on select new 2010 models, on approved credit through participating dealers to qualified retail customers who take delivery by September 29, 2010. Offers are subject to change without notice. Some conditions apply. See dealer for complete details. Purchase financing available through Bank of Nova Scotia and Bank of Montreal on all new 2011 Eclipse models for up to 60 months. Financing example: 2011 Eclipse 6S (G22A-4JZ3) financed at 0% over 60 months. Monthly payments equal $469, with a down payment of $0, a cost of borrowing of $0, and a total obligation of $28,486. Excludes up to $1450 in freight, $250 in PDI, $100 in air tax, up to $330 in OMVIC fee, $15 tire recycling fee, $75 lien registration fee, and any applicable government fees. ◆ Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. ‡ 2010 Lancer and Outlander models. ® ©2010 Mitsubishi Motors North America, Inc. Used cars sold as certified must meet Mitsubishi Motors North America, Inc. standards for certification and are subject to a vehicle history report, a 172-point inspection and a limited warranty. Certified Used Vehicle Program is not available in Quebec.

Crossword



Across

1 1865 villain
6 "Bow-wow!"
9 Muppet eagle
12 Flaxlike fiber
13 Bill's partner
14 Rd.
15 Sports venue
16 Snickers bar component
18 Epistle
20 Aching
21 Microbrewery product
23 Scuttle
24 Aspect
25 Maze option
27 When pigs fly
29 Prayer beads
31 Geronimo was one
35 Twangy
37 Primary
38 Critter
41 Massage
43 Sra., across the Pyrenees
44 Therefore
45 Barbara Bush's maiden name
47 Glossy coats
49 Relieve
52 Healthy
53 Doctor's due
54 Weeper of myth
55 Witness
56 "The Joy Luck Club" author
57 Loves too much, maybe

Down

1 Support system?
2 Scull tool
3 Brunch entrees
4 Prong
5 Moor
6 Give consent (to)
7 Bellow
8 In favor of
9 Pago Pago's place
10 States with conviction
11 Big brouhaha
17 Guru's retreat
19 Stage statuary
21 Spring mo.
22 "7 Faces of Dr. —"
24 Energy
26 Two-wheeled carriage
28 Worth
30 Snitch
32 The JFK administration, metaphorically
33 That guy
34 Away from WSW
36 Up
38 Complaints
39 Bert's pal
40 Shooting marble
42 Cattle ranch ID
45 Entreaty
46 Advertising award
48 Salamander
50 Rushmore face
51 "Of course"

▶ Yesterday's answer

S	L	A	T	■	P	E	G	■	O	P	E	D
T	A	X	I	■	A	L	L	■	P	A	P	A
A	M	I	D	■	R	I	O	■	E	R	I	N
B	A	L	B	O	A	■	M	E	N	A	C	E
■	■	■	I	N	K	■	■	Y	E	N	■	■
S	E	P	T	■	E	M	P	E	R	O	R	S
O	V	A	■	■	E	T	A	■	■	I	O	U
D	A	R	K	S	T	A	R	■	P	A	W	N
■	■	A	N	I	■	■	A	D	O	■	■	■
A	L	B	I	N	O	■	L	O	U	N	G	E
G	O	O	F	■	N	I	L	■	N	O	O	K
A	B	L	E	■	E	R	A	■	C	O	L	E
R	E	A	D	■	S	E	X	■	E	N	D	S

Sudoku

	7				8	9	5	
		4					2	7
				6		1		8
			4	5				9
	5						7	
4				3	2			
5		3		7				
1	8					7		
	2	6	5				4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	2	8	3	1	6	4	7	5
3	7	5	2	4	8	6	1	9
4	6	1	9	7	5	8	2	3
7	4	3	6	8	1	9	5	2
2	5	6	7	9	4	1	3	8
1	8	9	5	2	3	7	4	6
6	9	2	1	3	7	5	8	4
8	3	7	4	5	9	2	6	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To Margie, I think we're alone now. There doesn't seem to be anyone around. Hoping you're not working too hard today, and you come home early so we can spend the whole weekend together! Can't wait!
YOUR NORM, XOX

EB, As the years go by, I stop and think about all of the memories we've made and the good times we've shared as friends. Now that we are together the love between us just keeps growing. I'm so happy I took this chance on you, because now I know what love is — it's us.
YOUR BABY

Mr. Carson! Since hollering from rooftops is soo last season, I just wanted to say I lub ya, ya big lug. Simply cannot wait to see you again, babydaddy!
MUAH, SCOTTIE

Today 19°/9° Variable
Saturday 21°/12° Sunny
The Weather Network
PROUD TO BE ONE OF CANADA'S 50 BEST MANAGED COMPANIES.
©The Weather Network 2010

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The truth must never be denied, so if you learn something that is a little uncomfortable today make an effort to look at it squarely and honestly.

♉ Taurus April 21-May 21 Keep things simple and refuse to be rushed. Certain situations will get a little bit complicated today and you will only be able to deal with them effectively if you keep your head. You'll be one of the very few who do.

♊ Gemini May 22-June 21 You may not be able to explain why you distrust someone but your instincts rarely let you down, so don't ignore them. Neptune, planet of illusion, is strong in your chart over the next 24 hours, so watch out for trickery.

♋ Cancer June 22-July 22 You may want to pretend that you cannot see what is going on in front of your eyes but you will have to say something about it sooner or later. You are right to be offended.

♌ Leo July 23-Aug.23 The more someone tries to persuade you that what they are saying is true the more inclined you will be to disbelieve them. You know from experience that too much talk often masks too little in the way of substance.

♍ Virgo Aug. 24- Sept. 22 Deliver on what you promised, even if you have to go out of your way and incur extra costs to do so. Your reputation is of the utmost importance and you should be investing in it.

♎ Libra Sept. 23-Oct. 23 Why can no one give you a straight answer? Why does everyone beat about the bush instead of being honest about the current situation? Maybe it's because they believe you don't want to hear the truth.

♏ Scorpio Oct. 24-Nov. 22 Stick to the facts and insist that everyone else does the same. If you suspect that friends or relatives are exaggerating in any way you must call their bluff.

♐ Sagittarius Nov. 23-Dec. 21 Changes on the work front have no doubt been unsettling but if you are honest you will also admit that they have opened your eyes to new possibilities. What are you going to do with them?

♑ Capricorn Dec. 22-Jan. 20 You will meet someone today whose values are not your values, and the chances of conflict are high. Defend your position robustly but don't let them drag you into a feud that neither side can win.

♒ Aquarius Jan. 21-Feb. 18 As one of the zodiac's fixed signs you can at times be a bit of an immovable object, but if you are smart you will give some ground today.

♓ Pisces Feb. 19-March 20 Neptune, your ruler, is energized by Mars today, so you will be in one of those moods where you try to pack into an hour as much as you usually pack into a day or a week. SALLY BROMPTON

Caption contest

MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARTIN MEISSNER/THE ASSOCIATED PRESS

ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.
JOIN CLUB METRO TODAY!
CLUBMETRO.COM

Over 150 Discount Outlets... 110 One Hour In-Store Labs
For nearest location call: 1-877-524-2020 • www.hakimoptical.ca

FLIGHT CENTRE Unbeatable
Montreal
Thanksgiving Weekend, 3 Nights
$199
Hotel Travelodge Montreal Centre taxes & fees included
INCLUDES central accom close to Old Montreal. Departs Oct 8/ggv.
1 866 720 4853 | flightcentre.ca
Conditions apply. Ex: Ottawa. Package price is per person, based on double occupancy for total length of stay. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include HST and are approximate and subject to change. ggv=ggo vacations. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 TICO

HURRY! THIS WEEKEND

AIR MILES® SUPER BONUS EVENT

metro
Food at its best.

September 10-12, spend $100 or more, earn

50 BONUS AIR MILES reward miles†

RONA

September 11-12, spend $20 or more, earn

3x the AIR MILES reward miles*††

September 11-30, over

600 BONUS AIR MILES reward miles*†††

available to be earned

*Individual coupon required for each of these offers.
Coupons available in flyer and in store.

PLUS

September 11-12 only:

BMO Bank of Montreal

Earn **15** BONUS AIR MILES reward miles when you pay with your BMO® AIR MILES®† MasterCard®* each time you spend $60 or more at METRO, and/or $100 or more at RONA. Conditions apply. See below for details.††††

THAT'S LOTS OF REWARD MILES CLOSER TO A FLIGHT TO NEW YORK CITY, STARTING FROM 1,150 REWARD MILES.**

AIR MILES™ Travel and More

MORE WAYS TO EARN. MORE REWARD OPTIONS.
GET MORE FROM AIR MILES.®

For more information, go to airmiles.ca/superbonus

†From September 10 to September 12, 2010. Offer available in Ontario only, excluding Thunder Bay. Offer valid on the purchase total of $100 or more before taxes, in a single transaction. Some exclusions apply. See store for details. ††Offer valid September 11 and 12, 2010 only at participating RONA stores and its other banners. Bonus offer valid on the minimum purchase of $20 in a single transaction excluding taxes, the purchase of gift cards and purchases charged to store accounts. Bonus offer coupons must be presented at time of purchase. Some conditions apply. Details in store. †††Offer valid from September 11 to September 30, 2010 only at participating RONA stores and its other banners. Bonus offer coupon must be presented at time of purchase. Some conditions apply. Details in store. ††††15 Bonus AIR MILES reward miles offer applies to each qualifying purchase of a minimum of: $100 at participating Ontario RONA Inc. locations; and $60 at participating Ontario Metro Inc. locations charged to your BMO AIR MILES MasterCard between 12:01 am on September 11, 2010 and 11:59 pm on September 12, 2010. Your BMO AIR MILES MasterCard transaction must be posted to your BMO MasterCard account by September 30, 2010. AIR MILES Super Bonus Event Bonus reward miles will be credited to your AIR MILES Collector Account up to 90 days after September 30, 2010. You will only receive one 15 Bonus reward miles offer per qualifying purchase. Your BMO AIR MILES MasterCard account must be in good standing. AIR MILES reward miles will be earned on the amount of all eligible purchases, less credits and returns. *†Registered trade-mark of MasterCard International Incorporated. *†Registered trade-mark of Bank of Montreal. **All Rewards offered are subject to the Terms and Conditions of the AIR MILES® Reward Program. Some restrictions and additional charges apply. Subject to availability. Visit airmiles.ca or call the AIR MILES Customer Care Centre at 1-888-AIR-MILES (in Toronto (416) 226-5171). Flight quote is applicable for travel during low season only. ®/™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor trademarks are owned by the respective Sponsors or authorized for their use in Canada.

Introducing FaceTime video calling. Smile.

iPhone 4 | Bell

© 2010 Apple Inc. All rights reserved. 1-800-MY-APPLE or www.apple.com. Wireless service plan required. FaceTime requires iPhone 4 and Wi-Fi.